Please read and delete this section before sharing the questionnaire with families.

Bikeability Family provides a tailored training package to help families cycle together. The module must be bespoke, flexible and adapted for the needs of each family.

The goals of each individual family should be determined before training begins. The Bikeability Trust has provided this easy to use template for guidance. This will help families to explain their training needs to you before the course begins.

Cycle instructors should follow up the completion of any form with an email or phone call. This will allow instructors to introduce themselves, understand the family and ensure the course is relevant to their needs.

# Bikeability Family Pre-Course Questionnaire

## Contact details

Your cycle instructor will use these details to get in touch to discuss your training needs in more detail.

**Name:**

**Email address:**

**Phone number:**

**Preferred contact method:** Email / Phone

## Details of family

**Number of over 18 year olds:**

**Number of under 18 year olds:**

**Ages of under 18 year olds:**

## Cycling experience

**Please describe your current cycling experience and ability:**

**Have any members of your family taken Bikeability courses before?**

If so, please provide details:

## Training needs

**What would you like to improve when cycling as a family?**

For example: cycling together as a group, cycling on the road or navigating roundabouts

**What would you like to practice as part of the course?**

Select one or more of the below

1. Cycle to school
2. Cycle to visit friends and family
3. Cycle for adventures
4. Other (please describe)