

Bikeability Level 2 FAQs

What is Bikeability Cycle Training?

A range of cycling and road safety organisations have joined together with Central Government to create a National Standard for Cycle Training. The overall aim of the scheme is to get **more people cycling more often and more safely**. The training is designed both for adults and children.

Bikeability is updated and improved version of Cycling Proficiency and is designed to give the next generation the skills and confidence to ride their bikes on today's roads.

How does it work?

One of the principal differences between Cycling Proficiency and Bikeability that the training takes place largely on-road so that participants, whether children or adults, learn how to interact safely with other road-users. Through the development of their skills and understanding participants will then be able to make journeys safely to school, to work or for leisure, on quiet roads.

The combined Bikeability Level 1 and Level 2 training takes place normally over three to four consecutive days. On day one, two instructors work with a group of up to 12 participants in the playground for 2 hours. They learn how to conduct a bike check to ensure their bike is roadworthy. We then carry out a range of fun practical exercises to check and develop their bike control skills. These skills are Bikeability Level 1 skills as laid out in the National Standards for cycling (see below). Children must achieve all Level 1 outcomes in order to start Bikeability Level 2 training.

On days two and three two National Standards instructors work with groups of up to eight children for approximately 2 hours, initially using a quiet road, only moving on to busier junctions when all the participants are ready to do so. Training on days two and three is normally run on roads with a 30 mph limit. Very occasionally it may encompass a road with a 40 mph limit. Bikeability Level 2 manoeuvres listed below are taught and demonstrated and then the children practice each manoeuvre, under close supervision. The two instructors position themselves so that the children are always in view and they can both verbally warn and physically intervene, if a potentially hazardous situation is develops.

On day four, subject to the skills and confidence of the participants we take them out for a ride where each child takes a turn at the front and practices the full range of skills and manoeuvres.

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What will the children learn and do?

There are three levels of training within Bikeability, **Level 1**, **Level 2** and **Level 3**.

Bikeability Level 1 normally takes place off-road e.g. on a playground and is designed to develop the basic control skills and understanding fundamental to being able to ride on the road. These skills include getting on and off the bike, starting, stopping, pedalling, riding in a straight line, looking behind and signalling without wobbling.

Bikeability Level 2 normally takes place on-road, starting off with quiet junctions and roads but progressively moving to busier junctions and roads as the trainees' skills, understanding and confidence develop. The list of manoeuvres and skills that trainees learn to carry out is quite long and includes turning right and left from a minor road to a major road and vice versa, passing parked vehicles, passing side roads, understanding where to position themselves on the road and being able to explain decisions made whilst riding and thereby demonstrating an understanding of safe riding strategy.

Bikeability Level 3 is for those who want to cycle further afield using busier roads and more complex road features such as (bigger) roundabouts, traffic lights and multi-lane roads. This training is increasingly being combined with Bikeability Level 1 and 2 training for secondary school pupils.

More details on Bikeability Cycle Training and the three levels can be found at www.ctc.org.uk or www.bikeability.org.uk, or www.ctsb.org.uk

Will participants be safe?

The course is all about developing participants' knowledge, skills and attitude to be able to ride safely on the road. During the training process we ensure participant safety through:

- Moving progressively to more demanding cycling situations, i.e. from playground to road riding with the need to demonstrate satisfactory competence at each level before being allowed to move forward.
- Undertaking a bike check, and teaching participants how to do this, so that they will always cycle on a roadworthy bike.
- Careful selection of junctions and roads used for training. Instructors position themselves so that they always have the participants in view and more generally have good visibility of the area so that potential hazards can be spotted, in case the participants have not done so.
- Using a minimum of two instructors, accredited to the National Standard, for up to 8 participants, for the road riding sessions. When riding on the road one is positioned at the front and the other at the rear and slightly outward of the line of participants.
- All children wear high visibility jackets/waistcoats, when training. Most local authorities prefer participants to wear cycle helmets.

A full risk assessment of the cycle training activity including the roads to be used for training is always carried out.

Who does the training?

The training is being conducted by Cycle Experience (www.CycleExperience.com) who have been selected by the local authority to deliver Bikeability Cycle Training.

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Cycle Experience works with local authorities, other public sector bodies and commercial organisations across the UK to get more people cycling, more safely, more often. We do this through a range of cycling promotion events, programmes and by delivering Bikeability Cycle Training.

Cycle Experience's instructors are all accredited to train to the National Standard and hold an Enhanced DBS (Disclosure & Barring Service) check.