



Bikeability is today's cycle training programme.

It's like cycling proficiency, but better! It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills, no matter what is known already. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.



Level 1

At Level 1 new riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Trainees will usually be trained in a group of 3-12, though individual training may also be available in your area. At Level 1 you can:

- prepare yourself and your bike for cycling
- get on and off your bike without help
- start off, pedal and stop with control
- pedal along, use gears and avoid objects
- look all around and behind, and control the bike
- share space with pedestrians and other cyclists



Level 2

Level 2 takes place on local streets, giving trainees a real cycling experience. Trainees learn how to deal with traffic on short journeys such as cycling to school or the local shops. Trainees are usually trained in small groups – up to 6 trainees per instructor – though individual training may also be available. At Level 2 you can:

- prepare for on-road cycling
- start and finish an on-road journey
- recognise typical hazards
- let others know what you are about to do
- know where to ride on the road
- pass parked vehicles and side roads



Level 3

Level 3 equips trainees with skills for more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. Level 3 training is delivered one-to-one or in groups of up to 3 so can be tailored to a trainee's individual needs, such as a route to work or school. At Level 3 you can:

- prepare for a journey
- understand advanced road positioning
- pass queuing traffic
- perceive and deal with hazards
- understand driver blind spots
- react to hazardous road surfaces

Professional Bikeability providers deliver on road and off road training to groups in schools, through clubs, to families or individually to children, adults, new learners and experienced cyclists.

Ask in school or go to www.bikeability.org.uk.

Arranging training

Bikeability is organised and delivered locally by registered Bikeability providers who can come to your school, club or workplace, or meet you for an individual session.

A lot of Bikeability training takes place at schools, in Years 5-7. If you'd like to bring Bikeability to your school, or find out when Bikeability is taking place, please contact your school.

If the training you would like wouldn't normally take place through a school (for example, training for clubs, families or adult training), you can search for a local provider. We'll give you a list of all the Bikeability providers working in your area (including your local authority, if they provide Bikeability), and you can contact all or any of them to find out more.

What happens

For school Bikeability courses children will be asked to bring their bikes. Training is usually split across a number of sessions in one or more weeks. Bikes need to be in a roadworthy condition. The Highway Code's 'Rules for cyclists' gives guidance on roadworthiness but, as a starting guide, the bike should be the right size for the trainee, have pumped up tyres and two working brakes.

Some Bikeability providers offer loan bikes for trainees who don't have a suitable bike available – check with the school or Bikeability provider to see if bikes can be provided.

For individual courses, the instructor and trainee agree a plan for the training session and agree a meeting point. Trainees should tell the instructor what they want to learn to make sure they get the most out of their training.



Find out more:
www.bikeability.org.uk