

National Standard (Bikeability) Syllabus

Bikeability Level 1 (off road)

By the end, you will have mastered all the cycle control skills needed before cycling on the road

MANDATORY TOPICS	
1.1	Demonstrate an understanding of safety equipment and clothing and how clothing could make you more visible
1.2	Carry out a simple bike check including checking air, brakes, chain and direction of steering (ABCD)
1.3	Get on and off the bike
1.4	Set your pedal, start off correctly
1.5	Stop the bike using your brakes
1.6	Ride along independently (for at least a minute)
1.7	Make the bike go where you want – ie you have good cycle control
1.8	Stop quickly with control (Emergency stops)
1.9	Use gears (where the bike has gears)
1.10	Manoeuvre safely to avoid objects
1.11	Look all around including behind without wobbling
1.12	Signal right and left without wobbling
OPTIONAL TOPIC	
1.13	Share space with pedestrians and other cyclists

Bikeability Level 2

By the end, you will demonstrate the skills and understanding to make a trip safely to school, work or for leisure on quiet roads

MANDATORY TOPICS	
2.1	Revision of Level 1 manoeuvres
2.2	Start an on-road journey
2.3	Finish an on-road journey
2.4	Make a U turn and understand who has priority
2.5	Pass parked cars and slower moving vehicles to their right
2.6	Pass side roads and crossroads riding along the major road
2.7	Turn left from a major into a minor road
2.8	Turn left from a minor into a major road
2.9	Turn right from a minor to a major road
2.10	Turn right from a major to a minor road
2.11	Be aware of potential hazards all around you
2.12	Understand how and when to signal intentions to other road users
2.13	Understand where to ride on roads being used (including "taking the lane" where necessary)
2.14	Explain decision making and demonstrate an understanding of low risk riding strategy
2.15	Demonstrate a basic understanding of the Highway Code including 'who goes first', road signs & lines
OPTIONAL TOPICS	
2.16	Decide where cycle lanes and paths (both on and off road) can help a journey and demonstrate correct use
2.17	Go straight on from minor road to minor road at crossroads
2.18	Use mini and single lane roundabouts

Bikeability Level 3

You will be able to make a trip on any road where cycling is allowed.

MANDATORY TOPICS	
3.1	Revision of Level 2 manoeuvres
3.2	Prepare for a journey including planning a route, weather, bike locking, night riding, and carrying bags and children,
3.3	Understand advanced road positioning and know when to use the primary position
3.4	Pass queuing traffic, knowing when and how to filter
3.5	Demonstrate advanced hazard perception including driver blind spots, and hazardous road surfaces
OPTIONAL TOPICS	
3.6	Multi lane Roundabouts
3.7	Traffic lights, using 'advance stop boxes' if available
3.8	Deal with vehicles that pull in and stop in front such as buses when riding in bus lanes
3.9	Ride in pairs or groups and with other cyclists
3.10	Ride on roads with a speed limit above 30 mph