

Summary of Bikeability Levels



Bikeability Level 1

All training is delivered off-road, usually in the playground or a closed car park.

Children learn to:

- Demonstrate understanding of safety equipment and clothing
- Carry out a simple cycle check
- Get on and off the cycle without help-Start off and pedal without help
- Stop without help
- Ride without wobbling
- Make the cycle go where they want
- Use their gears (if present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind without loss of control
- Control the cycle with one hand

The following outcomes are not part of the core standard and are therefore non-compulsory; however, they may be delivered at level 1:

- Share space with pedestrians and other cyclists

Bikeability Level 2

All Level 1 training will be delivered off road and Level 2 training is delivered on roads surrounding the school.

Children learn to:

- Carry out all level 1 outcomes
- Start an on-road journey
- Finish an on-road journey
- Be aware of potential hazards
- Understand how and when to signal their intentions to other road users
- Understand where to ride on the roads being used
- Pass parked or slower moving vehicles
- Turn left into a minor road
- Turn left into a major road
- Make a U-turn
- Turn right into a major road
- Turn right into a minor road
- Pass side roads
- Demonstrate decision-making and understanding of safe riding strategy
- Demonstrate a basic understanding of the Highway Code

The following outcomes are not part of the core standard and are therefore non-compulsory; however, they may be delivered at level 2:

- Decide where cycle infrastructure can help a journey and demonstrate correct use
- Go straight on from minor road to minor road at a crossroads
- Use mini-roundabouts and single lane roundabouts

Bikeability Level 3

Training is delivered on-road.

Children learn to:

- Carry out all level 1 outcomes
- Carry out all level 2 compulsory outcomes
- Prepare for a journey
- Understand advanced road positioning
- Pass queuing traffic
- Hazard perception and strategy to deal with hazards
- Understand driver blind spots, particularly for large vehicles
- React to hazardous road surfaces

The following outcomes are not part of the core standard and are therefore non-compulsory; however, they may be delivered at level 3:

- How to use roundabouts
- How to use junctions controlled by traffic lights
- How to use multi-lane roads

Course Ratios & Times:

Level 1	
Maximum number of trainees per instructor	15
Minimum course time	2 hours

Level 2	
Maximum number of trainees per instructor	6
Minimum on road course times vary according to number of trainees per instructor	
6 or 5 trainees per instructor	6 hours
4 trainees per instructor	5 hours
3 trainees per instructor	4 hours
2 or 1 trainee per instructor	2 hours

Level 3	
Maximum number of trainees per instructor	3
All courses are based on a 2 hour sessions – longer may be needed for groups of 2 or 3 children	

Every child reaching Level 1, 2 or 3 of the National Standard must receive a Bikeability badge, Bikeability certificate and the relevant booklet produced by the Department for Transport.