



Chairman: Francesca Flaxton, 7 Dovecote, Haddenham, Bucks HP17 8BP
Tel: 01844 290900 E-mail: francesca@haddenhamcycletaining.org.uk

The National Syllabus of National Standards Cycle Training

Bikeability Level 1

By the end, you will be able to demonstrate the skills and understanding to be able to make a trip and to undertake activities in a motor traffic free environment (off-road) and as a pre-requisite to a road trip

Milestone	Achievement
1:1	You can carry out a simple bike check
1:2	You can get on and off without help
1:3	You can start off correctly and pedal, without help
1:4	You can stop correctly, without help
1:5	You can ride along in control, without help for at least one minute
1:6	You can make the bike go where you want it to: you have good cycle control
1:7	You can use your gears correctly (where bike has gears)
1:8	You can stop quickly with control (emergency stop)
1:9	You can manoeuvre safely to avoid objects
1:10	You can look all around, including behind, without loss of control
1:11	You can signal right and left without wobbling

Bikeability Level 2

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

Milestone	Achievement
	<i>MANDATORY TOPICS</i>
2.1	All level 1 manoeuvres (see above)
2.2	You can start an on road journey
2.3	You can finish an on-road journey
2.4	You are aware of everything around you as you ride, including behind you
2.5	You understand how and where to signal intentions to other road users
2.6	You understand where to ride on the roads being used
2.7	You are able to pass parked or slow moving vehicles
2.8	You are able to pass side roads
2.9	You can turn right into a major road and left into a minor road
2.10	You can turn left into a major road and right into a minor road
2.11	You are able to take the correct carriageway lane when you need to
2.12	You can decide if a cycle lane is going to help you on your journey (and demonstrate this if possible)
2.13	You can explain decisions made during riding and thereby demonstrate understanding of safe riding strategy
2.14	You can demonstrate a basic understanding of the Highway Code, particularly how to interpret road signs
2.15	You can demonstrate an understanding of safety equipment and clothing
	<i>OPTIONAL TOPICS</i>
2.16	You can make a U turn
2.17	You can go straight on from minor to minor road at a crossroads
2.18	You can turn left at a mini roundabout
2.19	You can go straight ahead at a mini roundabout
2.20	You can turn right at a mini roundabout