



Cycle Confident School Courses

Level 3 Advanced On Road Course

A two hour session although more sessions may be needed depending on the experience of the trainee.

The first part of the course is an assessment of their general cycling ability. The instructor will ensure competency in both level 1 and level 2 skills before advancing to more complex road situations. Discussion of trainee requirements and the route and features that they would expect to be cycling is an important part of this session.

Course contents may vary depending upon local roads and traffic features.

Aim of Level 3 advanced cycle training course

To encourage and develop safe cycling skills.

To develop positive attitudes towards road use.

To increase knowledge and understanding of the road and traffic environment.

To give trainees the confidence to use their cycles on longer more complex journeys.

Outcomes

By the end of the full course trainees should be able to:

- Understand riding on the road and how to cope with the more advanced traffic situations they are likely to encounter.
- Recognise potential hazards and take appropriate action to avoid them.
- Plan safe routes for the journeys they intend to make.

National Standard Outcomes (compulsory elements are shaded grey)

1	All level 1 and 2 manoeuvres
2	How to use roundabouts
3	How to use Junctions controlled by traffic lights
4	How to use multi lane roads and turn off and into them
5	An understanding of filtering and an ability to decide when to filter and when to wait



6	How to use both on and off-road cycle facilities
7	Hazard perception and strategy to deal with hazards
8	Understanding of route planning
9	Demonstrate an understanding of safety equipment and clothing
10	Demonstrate a basic understanding of the Highway Code, in particular how to interpret road signs

Course Details

Most courses are arranged between the trainer and the trainee although for children a school may be involved. For children it is essential that parental permission is obtained. Most level 3 courses are trained 1:1 although in some circumstances 2 trainees may be trained by one instructor. Only National Standard Instructors can carry out Level 3 training.