



## National Standards for Cycle Training

### Level 1 A

First Time Rider - You need support to ride a bike

Training Outcomes:

- Carry out a simple bike check
- Get on and off the bike without help
- Start off and pedal with help
- Stop without help
- Ride along confidently and independently without help
- Make the bike go in the direction you want it to

### Level 1B

You can ride a bike without support but you need better control

Training Outcomes:

- Use your gears correctly (where cycle has gears)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, with control
- Signal right and left with control
- Look behind and signal at the same time with control

### Level 2

You have good control. You are now able to use your skills on the roads

Training Outcomes:

- Start an on-road journey
- Finish an on-road journey
- Be aware of everything around you as you ride including people behind you
- Understand where to ride on the roads you are using
- Pass parked or slower moving vehicles
- Pass side roads safely
- Turn right into a major road and left into a minor road. You are able to make a U turn
- Turn left into a major road and right into a minor road
- Be able to take the correct carriageway lane when you need to
- Decide where cycle lanes can help your journey and demonstrate correct use (if cycle lanes can be incorporated within the training)

### Level 3

You are confident to do some local journeys independently. You are now ready to look at situations that are more complicated

Training Outcomes:

- Understand how to use roundabouts
- Use junctions controlled by traffic lights safely and effectively
- Use multi lane roads and turn off and into them
- Understand filtering and can decide when to filter and when to wait