

## **Level 1 National Standard Cycle Training Outcomes – Overview**

1.1	Demonstrate understanding of safety equipment and clothing
1.2	Carry out a simple bike check
1.3	Get on and off the bike without help
1.4	Start off and pedal without help
1.5	Stop without help
1.6	Ride along without help for roughly one minute or more
1.7	Make the bike go where they want
1.8	Use gears (where present)
1.9	Stop quickly with control
1.10	Manoeuvre safely to avoid objects
1.11	Look all around, including behind, without loss of control
1.12	Control the bike with one hand
1.13	Share space with pedestrians and other cyclists (not compulsory)

## **Level 2 National Standard Cycle Training Outcomes – Overview**

2.1	All Level 1 Outcomes
2.2	Start an on road journey
2.3	Finish an on road journey
2.4	Be aware of potential hazards
2.5	Understand how and when to signal intentions to other road users
2.6	Understand where to ride on roads being used
2.7	Pass parked or slower moving vehicles
2.8	Pass side roads
2.9	Turn left into minor road
2.10	Make a U-turn
2.11	Turn left into a major road
2.12	Turn right into a major road
2.13	Turn right from a major to minor road
2.14	Demonstrate decision-making and understanding of safe riding strategy
2.15	Demonstrate a basic understanding of the Highway Code.
	<i>None compulsory outcomes</i>
2.16	Decide where cycle infrastructure can help a journey and demonstrate correct use
2.17	Go straight on from minor road to minor road at a crossroad
2.18	Use mini- roundabouts and single lane roundabouts

## **Level 3 National Standard Cycle Training Outcomes – Overview**

3.1	All Level 2 manoeuvres
3.2	Preparing for a journey
3.3	Understanding advanced road positioning
3.4	Passing queuing traffic
3.5	Hazard perception and strategy to deal with hazards
3.6	Understanding driver blind, spots, particularly for large vehicles
3.7	Reacting to hazardous road surfaces
	<i>None compulsory outcomes</i>
3.8	How to use roundabouts
3.9	How to use junctions controlled by traffic lights
3.10	How to use multi-lane roads
3.11	How to use both on and off road cycle infrastructure
3.12	Dealing with vehicles that pull in and stop front of you
3.13	Sharing the road with other cyclists
3.14	Cycling on roads with a speed limit above 30 mph
3.15	Cycling in bus lanes
3.16	Cycling in pairs or groups
3.17	Locking a bike securely