



## **Bikeability – Level 1**

Bikeability training is a practical skill-based exercise.

The training is outcome-led, delivered in a sequence that builds upon the previous outcomes.

This is designed to boost the confidence of the trainee and to minimise risk.

All participants are assessed on each outcome and feedback will be given at the end of the course. There are occasions where the instructors can change the order that outcomes are delivered to respond to changes in the training environment or particular trainee needs.

**Level 1** teaches trainees to learn to control and master a bike. The training takes place in an environment away from cars or traffic – usually in a playground or closed car park or park.

The aims of the Level 1 course are:

- To encourage and develop basic cycle control skills.
- To give trainees the confidence to use their cycles more often.

**Level 1 training has 12 compulsory outcomes – on achieving them your child will be awarded a Level 1 Certificate and Badge**

### **Level 1 outcomes:**

1. Demonstrate understanding of safety equipment and clothing
2. Carry out a simple bike check
3. Get on and off the bike without help
4. Start off and pedal without help
5. Stop without help
6. Ride along without help for roughly one minute or more
7. Make the bike go where they want
8. Use gears (where present)
9. Stop quickly with control
10. Manoeuvre safely to avoid objects
11. Look all around, including behind, without loss of control
12. Control the bike with one hand

**Further information can be found at:**

**<http://bikeability.org.uk/>**

**[www.s2scyclesafe.co.uk](http://www.s2scyclesafe.co.uk)**