



Cycle Confident School Courses

Level 1 Basic Skills course

Playground based, this course consists of three hours of tuition broken down into convenient time periods for the schools. This can be one 3 hour session, two 1.5 hour sessions or three 1 hour sessions. There will be a ratio of 1 instructor to 10 children or less. There should be two or more instructors present if possible.

Aim of a Level 1 course

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

Outcomes

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

- Ride their bike under full control, including starting, stopping and signalling.
- Identify faults on their cycle that may affect their safety and understand the need to maintain their cycle in a roadworthy condition.

The following are the essential level 1 outcomes.

1. Carry out a simple bike check
2. Demonstrate understanding of safety equipment & clothing
3. Get on and off the bike without help
4. Start off and pedal without help
5. Stop without help
6. Ride along confidently and independently without help
7. Make the bike go where they want
8. Use gears correctly (where cycle has gears)
9. Stop quickly with control
10. Manoeuvre safely to avoid objects
11. Look all around, including behind, without loss of control
12. Signal right and left with control
13. Look behind whilst signalling left and right with control

At the end of the course feedback will be given to all trainees and Bikeability Certificates will be awarded to trainees who have completed all desired outcomes.