



## **Cycle Confident School Courses**

### **Level 2 Basic On Road Course**

This course consists of five two hours sessions with a ratio of two instructors per eight children. There will always be at least two instructors present when taking children on the roads.

#### **Session Break down:**

Session 1 – Bike Check and Level 1 skills on playground.

Session 2 – Level 1 skills on playground continued and reinforced.

Session 3 – Start and Finish an on road Journey. Passing a side road.

Session 4 – Turn right into a major road, U-turn, then left into a minor road.

Session 5 – Turn left into a major road, U-turn, then right into a minor road.

If after Session 2 a child has not completed Level 1 skills to a satisfactory level he or she will not be taken on road.

#### **Aim of Level 2 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 local roads.

#### **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.
- Understand the dangers involved in riding on the road and how to cope with traffic situations they are likely to encounter.
- Recognise potential hazards and take appropriate action to avoid them
- Understand how and why road users communicate.
- Understand the benefits of protective equipment such as reflectors, high visibility clothing and helmet.



Essential Level 2 outcomes:

1. All level one outcomes
2. Start an on road journey
3. Finish an on road journey
4. Be aware of everything around, including behind, while riding
5. Understand how and when to signal intentions to other road users
6. Understand where to ride on roads being used
7. Pass parked or slower moving vehicles
8. Pass side roads
9. Turn right into a major road do a U-turn then left into a minor road (J1)
10. Turn left into a major road do a U-turn then right into a minor road (J2)
11. Go straight on from minor road to minor road at a crossroads
12. Be able to take the correct carriageway lane when they need
13. Decide where cycle lanes can help their journey and demonstrate correct use (if cycle lanes can be incorporated within the training)
14. Explain decisions made while riding, thereby demonstrating understanding of safe riding strategy
15. Demonstrate a basic understanding of the Highway Code, particularly how to interpret road signs
16. Demonstrate an understanding of safety equipment and clothing

Successful participants will receive a level 1 basic skills and level 2 basic on road skills certificate.