

National Standards Cycle Training – Description of levels

Level 1A The trainee has never been on a bike before, or for a long time

- A1 Getting on and off without help
- A2 Start without help
- A3 Stop without help
- A4 Ride along without help
- A5 Steering where they want to

Level 1B The trainee can ride without support

- B1 Carry out a simple bike check
- B2 Using gears (where the bike has gears)
- B3 Stopping quickly
- B4 Manoeuvre to avoid objects (swerve)
- B5 Looking all around, including behind, without losing control
- B6 Signalling without losing control

Level 2 The trainee is ready to use control skills on the roads

- 1 Starting an on-road journey
- 2 Finish an on-road journey
- 3 Be aware of everything around you, including behind, while riding
- 4 Understanding where to ride on the roads being used
- 5 Understand how and when to signal intentions to other road-users
- 6 Passing a parked or slower moving vehicle
- 7 Make a U-turn
- 8 Passing side roads
- 9 Turn left into a minor road
- 10 Turn left into a major road
- 11 Turn right into a major road from a minor road
- 12 Turn right into a minor road from a major road
- * Go straight on, minor to minor, at a cross roads
- 13 Be able to take the carriageway lane when needed
- * Decide when cycle lanes can help a journey and demonstrate correct use (if cycle lanes can be included)
- 14 Explain decisions made during riding and thereby demonstrate an understanding of appropriate 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
- * Turn left at a single-lane or mini roundabout
- * Go straight on at a single-lane or mini roundabout
- * Turn right at a single-lane or mini roundabout

Level 3 The trainee is now ready to look at more complicated situations

- 1 How to use roundabouts
- 2 An understanding of filtering and an ability to decide when to filter and when to wait
- 3 How to use a traffic-light-controlled junction
- 4 How to use multi-lane roads and turn off and onto them
- * How to use both on-road and off-road cycle facilities
- 5 Hazard perception and strategy to deal with hazards
- 6 Understanding of route planning

* Optional