3. Delivering Level 1 Training

Introduction

Level 1 Bikeability training teaches trainees 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.

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:

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

There is one optional outcome:

13. Share space with pedestrians and other cyclists