



## 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