4. Delivering Level 2 Training

Introduction

Level 2 Bikeability training is delivered on local roads giving trainees a real cycling experience that equips them with skills to deal with traffic on short journeys such as cycling to school, work or the local shops.

The aims of the Level 2 course are:

• 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 bikes on local roads.

Level 2 training has 15 compulsory outcomes:

1. All Level 1 outcomes
2. Start an on road journey
3. Finish an on road journey
4. Be aware of potential hazards
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 left into a minor road
10. Make a U-turn
11. Turn left into a major road
12. Turn right into a major road
13. Turn right from a major to minor road
14. Demonstrate decision-making and understanding of safe riding strategy
15. Demonstrate a basic understanding of the Highway Code

There are 3 optional outcomes:

16. Decide where cycle infrastructure can help a journey and demonstrate correct use
17. Go straight on from minor road to minor road at a crossroads
18. Use mini-roundabouts and single lane roundabouts