



## 5. Delivering Level 3 Training

### Introduction

Bikeability Level 3 training teaches the skills to tackle a wider variety of traffic conditions than Level 2. It is designed to equip trainees with skills that enable them to be able to deal with all types of road conditions and more challenging traffic situations. The course covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling.

The aims of the Level 3 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 longer journeys.



Level 3 training has 7 compulsory outcomes:

- 1 All Level 2 manoeuvres
- 2 Preparing for a journey
- 3 Understanding advanced road positioning
- 4 Passing queuing traffic
- 5 Hazard perception and strategy to deal with hazards
- 6 Understanding driver blind spots, particularly for large vehicles
- 7 Reacting to hazardous road surfaces

There are 11 optional outcomes:

- 8 How to use roundabouts
- 9 How to use junctions controlled by traffic lights
- 10 How to use multi-lane roads
- 11 How to use both on and off road cycle infrastructure
- 12 Dealing with vehicles that pull in and stop front of you
- 13 Sharing the road with other cyclists
- 14 Cycling on roads with a speed limit above 30 mph
- 15 Cycling in bus lanes
- 16 Cycling in pairs or groups
- 17 Locking a bike securely