

What is Bikeability?

Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels, with each level designed to help improve their cycling skills, no matter what they know already. Levels 1, 2 and 3 take trainees on a journey from the basics of balance and control, all the way through to planning and making a journey by themselves on busier roads.

Children will typically start Bikeability lessons once they have learnt to ride a bike.

Level 1 will help new riders to control their bike before they move on to developing on-road skills at Level 2.

Level 2 is usually tackled by children in Years 5 or 6, before they leave Primary school.

Level 3 teaches riders how to ride in different and more challenging traffic situations, and is usually completed by more experienced Yr 6 children or Yr 7 Secondary school age.

Level 3

When you reach Level 3 standard you will be able to deal with more challenging roads and traffic situations. Level 3 training is delivered one-to-one or in groups of 2 or 3 so can be tailored to your individual training needs, such as your route to work or school. Make the most of your Level 3 training by speaking to your instructor before the session and explaining what you want to learn.

Bikeability Level 3 Training

Level 3 training is suitable for older Primary children, or Secondary school, or adults, and covers dealing with hazards, making 'on-the-move' risk assessments and planning routes for safer cycling.

Once you've completed your Bikeability Level 3 and been awarded your green badge, you'll be able to cycle almost anywhere. You can....

Make a trip to school, work or elsewhere on any roads

Use complex junctions and road features such as roundabouts, multi-lane roads and traffic lights

Understand driver blind spots

Know how (and when) to pass queuing traffic

Identify and react to hazardous road surfaces

Plan your route

Interpret road signs