



Well done!

has taken part in  
Bikeability Level 1 cycle training

The training develops cycle handling skills in traffic-free environments  
and includes the core functions for safe and responsible cycling:

- Making good and frequent observations
- Communicating intentions clearly to others
- Choosing and maintaining the most suitable riding position
- Understanding priorities when negotiating shared space

Instructor ..... Date .....

The cycle skills profile completed by the instructor overleaf assesses the rider's independent cycling skills taught on the course against the UK National Standard for cycle training.



Official cycling retail  
partner of Bikeability



Department  
for Transport

[www.bikeability.org.uk](http://www.bikeability.org.uk)



## Cycle skills profile

I can	Independently	With more practice	With some assistance	Not yet attempted
<b>Prepare myself for a journey</b> – know if I am ready to ride, check my clothes are right, fit a helmet (if present)				
<b>Check the cycle is ready for a journey</b> – name the main parts of the cycle, check the tyres, brakes, chain, handlebars, check the cycle fits me				
<b>Set off, slow down and stop</b> – get on the cycle, sit securely, look for hazards, set pedals, set off, brake smoothly, brake quickly, get off the cycle				
<b>Pedal</b> – look behind, ride with one hand on handlebars, turn left and right, avoid hazards, control speed, cover brakes, share space, use gears (if present)				

### Instructor advice

'Independently' means the rider has demonstrated all National Standard assessment criteria for the training activity competently, consistently and confidently. For further details visit:

[www.gov.uk/government/publications/national-standard-for-cycle-training](http://www.gov.uk/government/publications/national-standard-for-cycle-training)

Visit the **Bikeability Club** and register for learning resources, guidance and special offers:

[www.bikeability.org.uk](http://www.bikeability.org.uk)