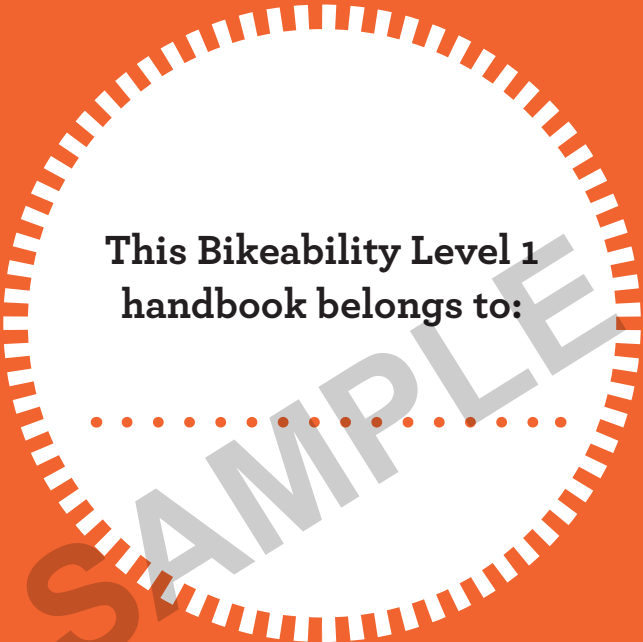


## Bikeability Level 1 Handbook

Controlling your cycle  
in traffic free environments

**halfords**  
for life's journeys

Official cycling retail  
partner of Bikeability



**This Bikeability Level 1  
handbook belongs to:**

.....

**This handbook has been designed to support  
practical Bikeability training with  
a qualified instructor.**

**It contains key training and safety points to help  
you remember what you've learnt.**



**Bikeability Level 1 training develops cycle handling skills in traffic-free environments and includes the core functions for safe and responsible cycling:**

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

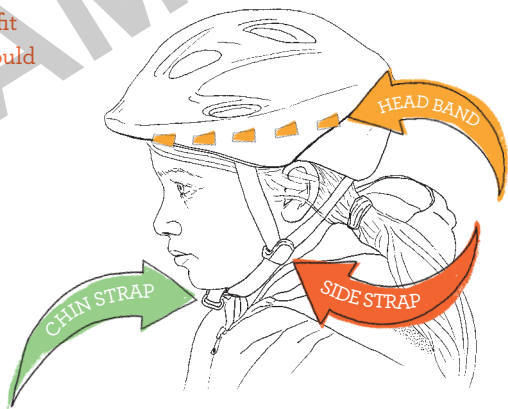
# Get ready

## Are you ready to ride?

- Tuck in loose clothes and tie shoelaces
- Wear cool clothes so you don't overheat in summer
- Keep your head, hands and feet warm in winter
- Remember to carry waterproofs if it looks like rain
- Bring a drink and a snack if you're going to be out for a while



Helmets should fit properly and should look like this:

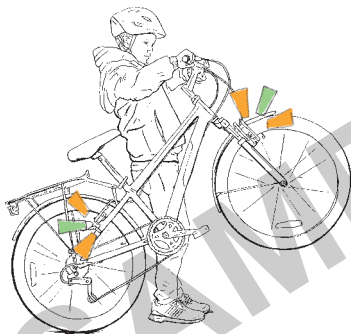
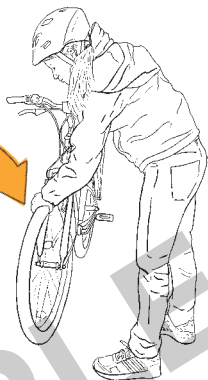


Before every ride, remember  
your ABC.

**A**

**AIR**

Check your tyres  
feel hard.



**B**

**BRAKES**

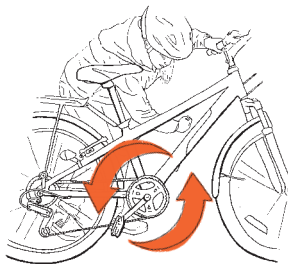
Make sure both brakes  
stop the wheels turning.

**C**

**CHAIN**

Ensure the chain  
runs smoothly.

Also check your  
handlebars, saddle and  
wheels are fixed on tight.



# Be steady

Do you know how to begin and end a bike ride?

- **Getting on and moving off**

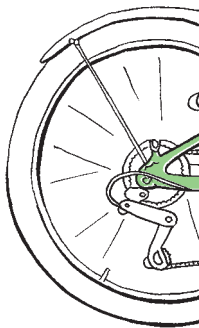
1. Apply both brakes
2. Get onto the saddle from the clean side (not the chain side)
3. Set your pedal to 2 o'clock
4. Release the brakes and push off firmly using the set pedal and a low gear

- **Pedalling along**

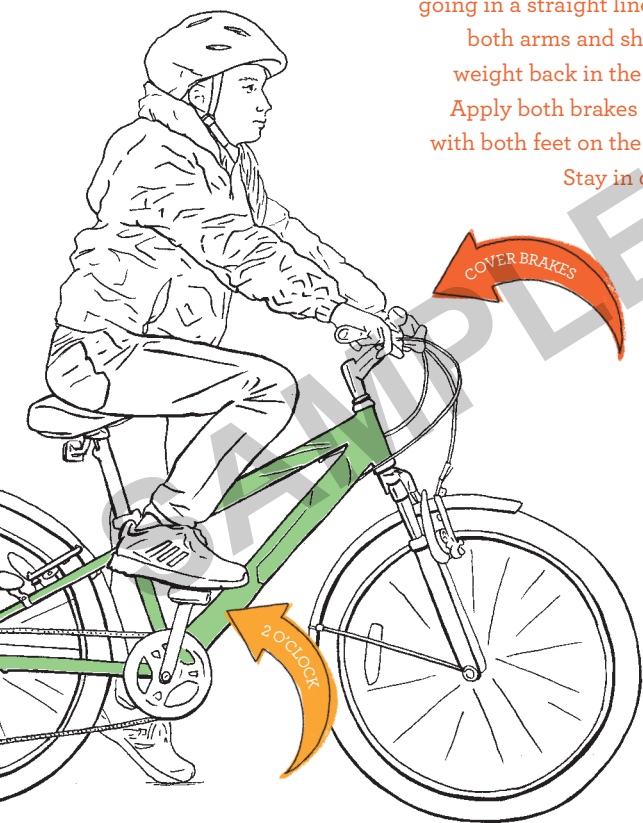
1. Use the balls of your feet for greater control and power
2. Look ahead to stay balanced

- **Stopping and getting off**

1. Cover your brakes when preparing to stop
2. Apply both brakes gently with your feet on the pedals
3. Come to a complete stop and set down one foot
4. Step off the bicycle on the clean side
5. Release the brakes



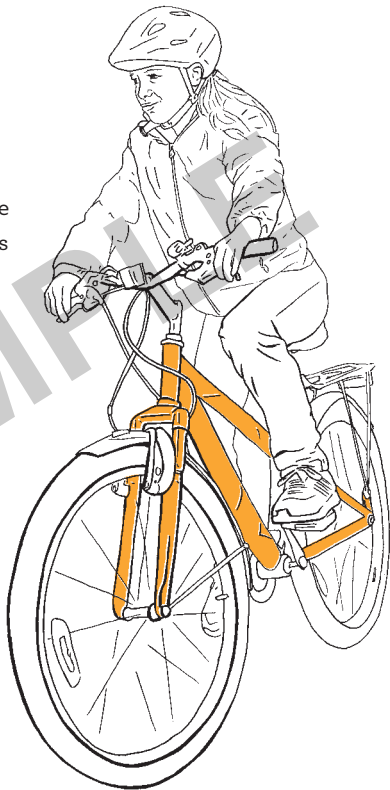
Sometimes you will need to stop quickly. Keep the bike going in a straight line, brace both arms and shift your weight back in the saddle. Apply both brakes equally with both feet on the pedals. Stay in control!



# Go!

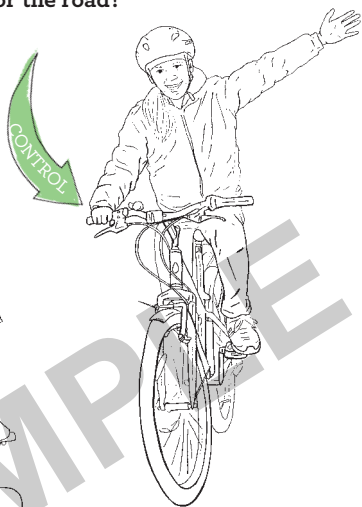
## Can you control your bike?

- Cover both brakes while riding along in case you need to stop quickly
- Shift your balance to change direction and avoid objects
- Stop in a low gear to be ready to start off again. If you have more than one, choose the best gears to keep pedalling at a steady pace
- When sharing space with pedestrians or other bikes slow down and let them know if you need to get past



## Do you have the skills for the road?

You will need to be able to control your bike with one hand while cycling in a straight line so you can signal when necessary.



You will need to be able to look all around, including directly behind you (by looking over both shoulders) while cycling in a straight line.

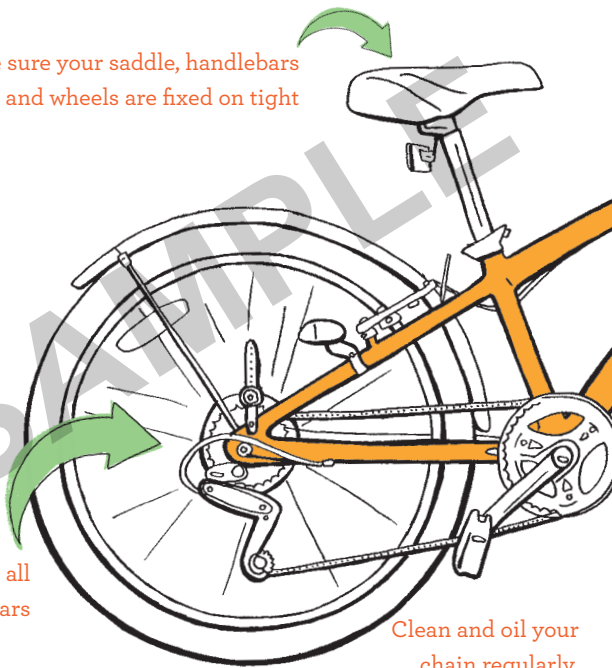
# Your bike

Is your bike ready for the ride?

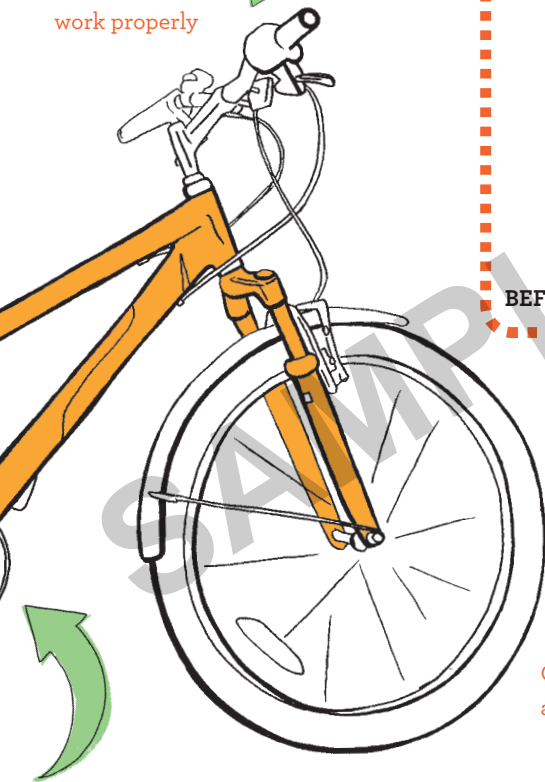
Make sure your saddle, handlebars  
and wheels are fixed on tight

Run through all  
of your gears

Clean and oil your  
chain regularly,  
to ensure that it is  
running smoothly



Ensure both  
your front and  
rear brakes  
work properly



REMEMBER YOUR

**A**

AIR

**B**

BRAKES

**C**

CHAIN

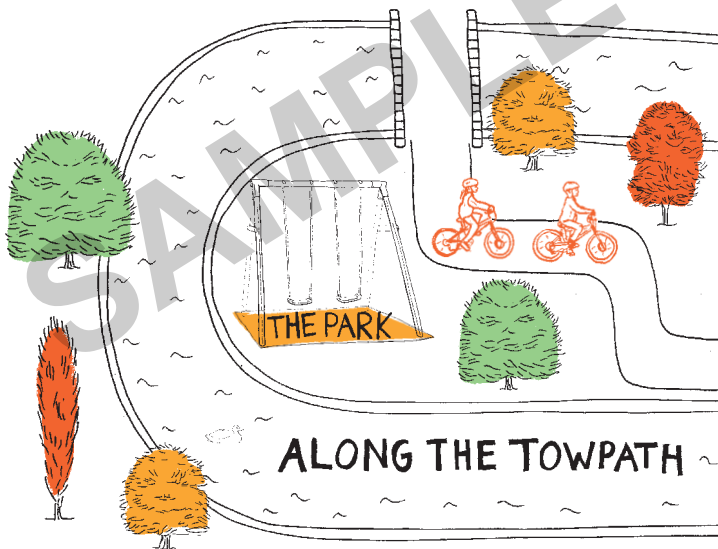
BEFORE EVERY RIDE

Check your tyres  
are pumped up

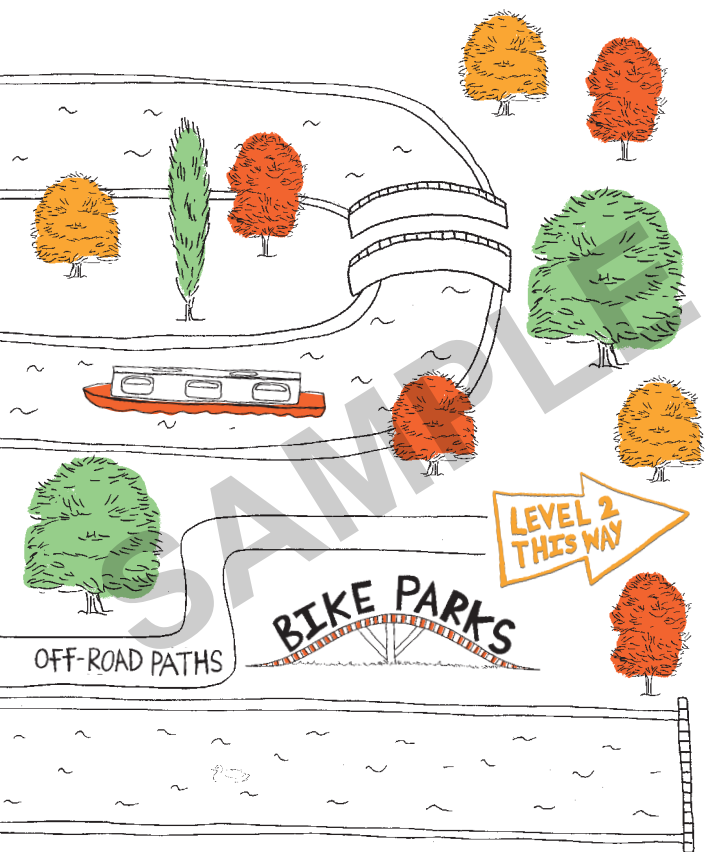
# WHERE CAN I GO NOW?



As a Level 1 rider you can safely cycle anywhere without traffic where cycling is allowed.



## ALONG THE TOWPATH



# THE NATIONAL STANDARD FOR CYCLE TRAINING

Bikeability is based on the Government's National Standard for cycle training. It has been developed by over 20 expert bodies including national and local government and road safety and cycling organisations. The National Standard exists to help people of different ages and abilities make independent cycle journeys. Full details are available here:

<https://gov.uk/government/publications/national-standard-for-cycle-training>

The National Standard provides assessment criteria for every level of Bikeability training:

**Bikeability Level 1** assessment criteria are drawn from National Standard Roles 1 and 2 which focus on preparing for a journey and riding with control. Training is delivered in motor traffic-free environments.

**Bikeability Level 2** assessment criteria are drawn from National Standard Roles 1 to 4, which focus on riding with control and in accordance with the Highway Code as well as riding safely and responsibly. Training is delivered on single-lane roads and simple junctions with mostly moderate motor traffic flows.

**Bikeability Level 3** assessment criteria are drawn from National Standard Roles 1 to 4, training is delivered on more complex, often busier or faster roads and junctions and prepares riders for cycling assertively in diverse road environments.

**At Level 1 the following skills are practised in motor traffic-free environments:**

- Prepare myself for a journey
- Check the cycle is ready for a journey
- Set off, slow down and stop
- Pedal

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



Department  
for Transport



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

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