



Well done!

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has taken part in
Bikeability Level 2 cycle training

The training develops skills for cycling on single-lane roads with simple junctions and moderate traffic 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 on the road, particularly at junctions

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.

www.bikeability.org.uk


Department
for Transport



Cycle skills profile

I can	Independently	With more practice	With some assistance	Not yet attempted
Identify and respond to hazards – scan ahead and behind, anticipate, prioritise and respond				
Start and stop on-road journeys – look for hazards, set pedals, set off, brake smoothly, brake quickly, stop				
Maintain suitable riding positions – maintain primary position (centre of lane) and secondary position (left of centre), make U turns, pass stationary vehicles, decide use of cycle infrastructure (if present)				
Comply with signals, signs and road markings – respond appropriately at all times				
Communicate with other road users – indicate intentions to others using arm signals, riding position and eye contact				
Negotiate junctions – decide direction of travel, make all turns into and out of side roads, at crossroads and roundabouts (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

Visit the **Bikeability Club** for inspiration, advice and support to continue your cycling journey. Register to receive newsletters, special offers and enter competitions: www.bikeability.org.uk