

Bikeability Level 2 Handbook

Cycling on single-lane roads
and using simple junctions



**This Bikeability Level 2
handbook belongs to:**

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**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 2 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
- Choosing and maintaining the most suitable riding position
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions

Get ready

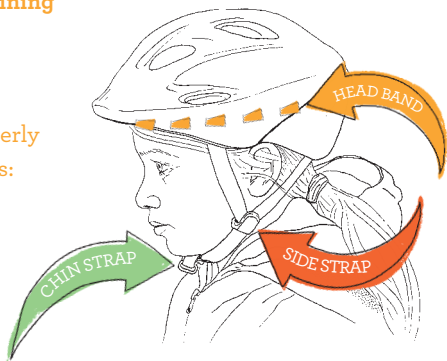
Bikeability Level 1 develops excellent cycling handling in traffic-free environments in preparation for cycling on the road, and involves the following:

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

Full details are available here:

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

Helmets should fit properly and should look like this:

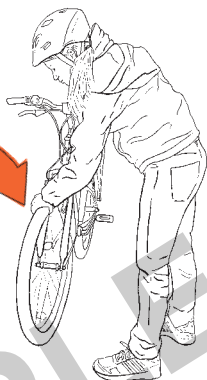


Before every ride, remember
your ABC.

A

AIR

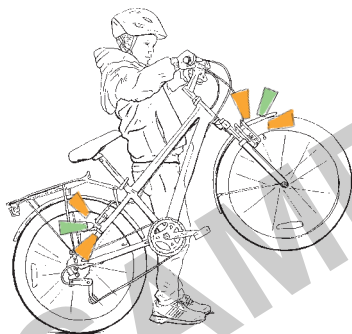
Check your tyres
feel hard.



B

BRAKES

Make sure both brakes
stop the wheels turning.

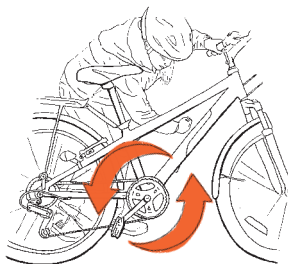


C

CHAIN

Ensure the chain
runs smoothly.

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

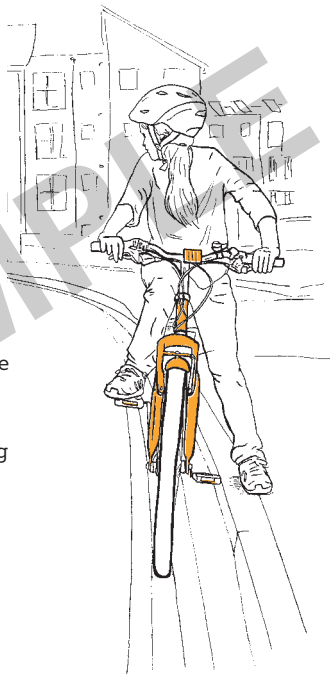


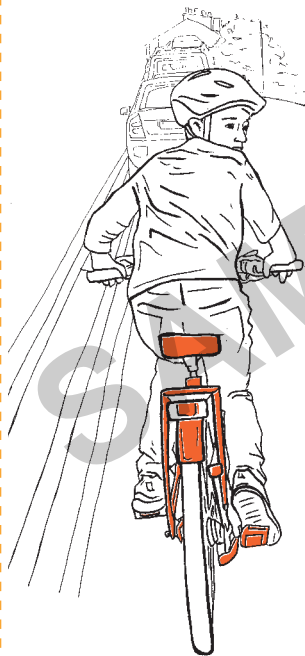
On the road

Can you start and finish a journey?

Start an on-road journey

1. Start at a place where you can see traffic coming from either direction. Look all around before placing your bike on the road. Remember to apply the brakes
2. When there is time and space, sit down and set the pedal to 2 o'clock
3. Look behind for oncoming traffic before releasing the brakes and setting off purposefully





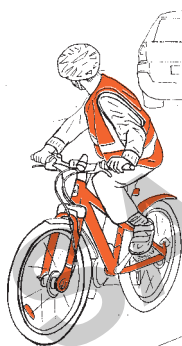
Finish an on-road journey

1. Look behind for close following traffic before covering the brakes and slowing down
2. Look over your left shoulder before pulling in and coming to a stop with your left foot on the kerb, or in a space between parked cars. Apply the brakes fully
3. Look behind before stepping onto the kerb and lifting the bike off the road

What's around you?

Do you know how to observe and communicate?

You need to know what's around you at all times, (especially what's behind you) and communicate what you want to do to other road users. The best way to communicate is using eye contact, your bicycle position on the road and hand signals.



Good observation tells you

- Where the other road users are
- Where the hazards are
- If there is enough time and space to go where you want to on the road

You should

- Look behind often
- Become aware of other road users and hazards
- Look behind before signalling or changing your position on the road

Good communication tells other road users

- They must share the road with you
- You know what you are doing
- You know what they are doing

You should

- Always look behind before signalling
- Only signal if other road users are present and need to know
- Communicate using eye contact, bicycle position or hand signals

Do you know your road signs?

Signs giving orders are usually in the shape of a circle



stop and give way



give way to traffic on major road



no cycling

Red triangles are warnings



cycle route ahead



pedestrian crossing



level crossing with barrier or gate ahead

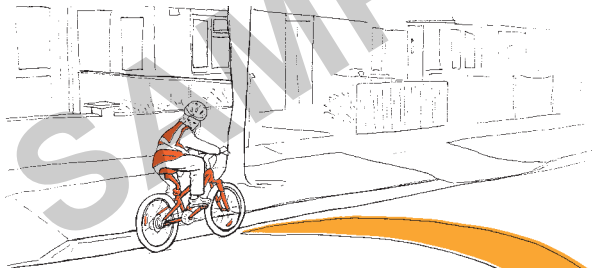
Sharing the road

Who has priority?

You need to know who goes first when you approach a junction or narrow road section. Everyone on the road follows the same rules.

You

- May use any road where cycling is permitted
- May use cycle lanes
- Must know the Highway Code



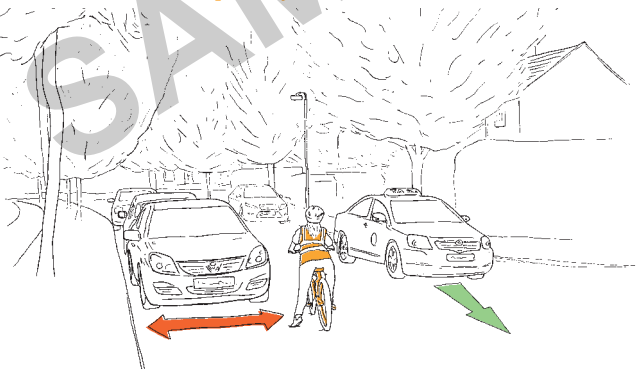
When making a U-turn, make sure you look all around and that you know who has priority in both directions.

Who has priority?

Here the cyclist has priority.



Here the driver has priority.



Road position

Do you know how to take and give the lane?

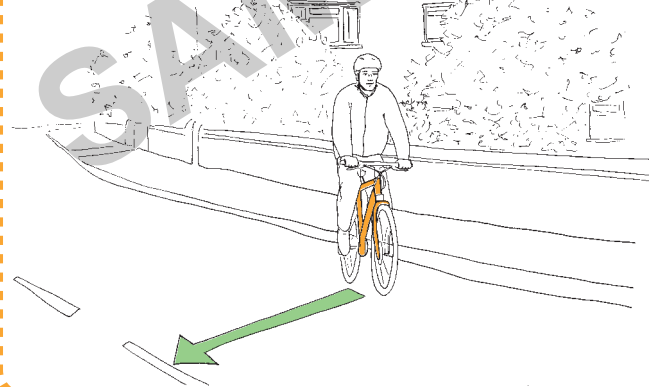
You must position yourself on the road where you can see and be seen. The two main road positions vary depending on the width of the road.

- **Primary position** – taking the middle of the lane – gives you the greatest control of your road space. It offers most options for avoiding hazards and gives you and other road users the best visibility. It should be used when there is not enough space for you to be overtaken (such as on narrow roads and at junctions) and when riding in the stream of traffic.
- **Secondary position** – giving up some of the lane – provides sufficient space and visibility when you need to share the road, riding to the left of the traffic stream. It should be used when there is plenty of space for you to be overtaken.

Primary position



Secondary position



Passing

Do you know how to pass parked or slower moving vehicles?

To pass correctly you need to look behind and ahead and understand who has priority.

- You must observe behind and ahead before you reach the outside edge of the vehicle
- When there is time and space in both directions you should move out and pass with enough space to clear a car door's width
- If passing requires riding on the other side of the road, you should give way to oncoming traffic, waiting behind the vehicle where you can see and be seen



Wait for time
and space.

Junctions

Do you know what to do at a junction?

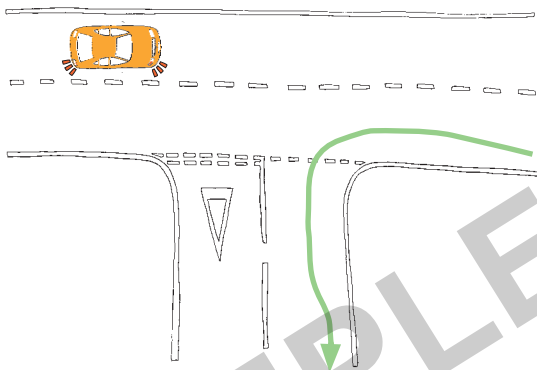
T-junctions, side roads, cross roads and roundabouts are all negotiated using the same basic sequence.

1. **Look** behind and ahead, note priorities, judge time and space
2. **Communicate** by indicating your intentions if other road users are present
3. **Position** – when time and space permit
 - Approach the junction in primary position
 - Hold primary position through to the junction exit
 - Select primary or secondary position to continue the journey

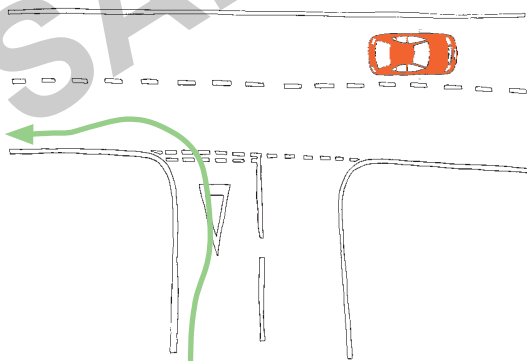
When turning left you must check over your left shoulder for undertaking traffic, including people on bicycles, before completing the turn.

When turning right you must check over your right shoulder for overtaking traffic, including people on bicycles, before completing the turn.

Turning left onto a minor road, the cyclist has priority.



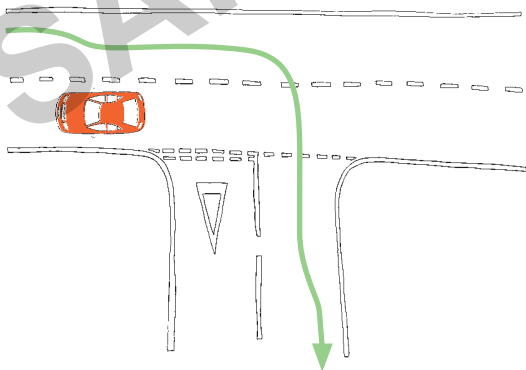
Turning left into a major road, traffic from the right on the major road has priority.

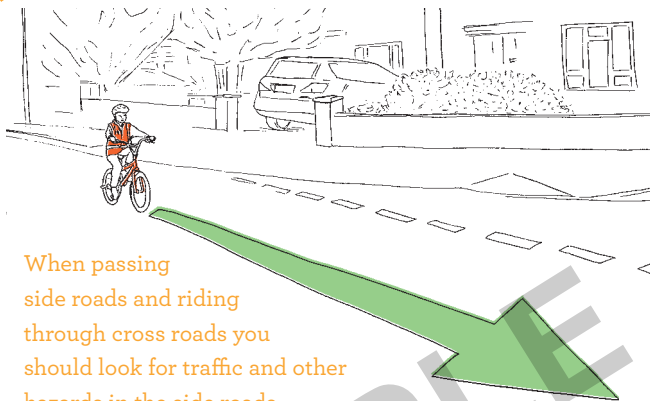


Turning right into a major road, traffic from the right and left on the major road has priority.



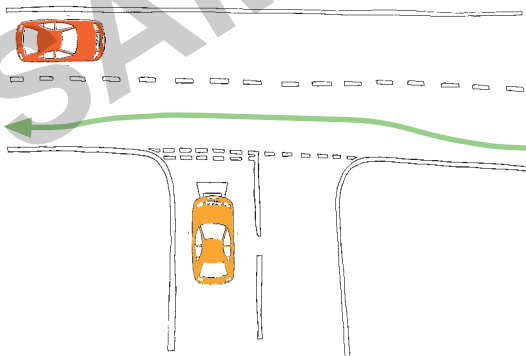
Turning right into a minor road, oncoming traffic on the major road has priority.





When passing side roads and riding through cross roads you should look for traffic and other hazards in the side roads.

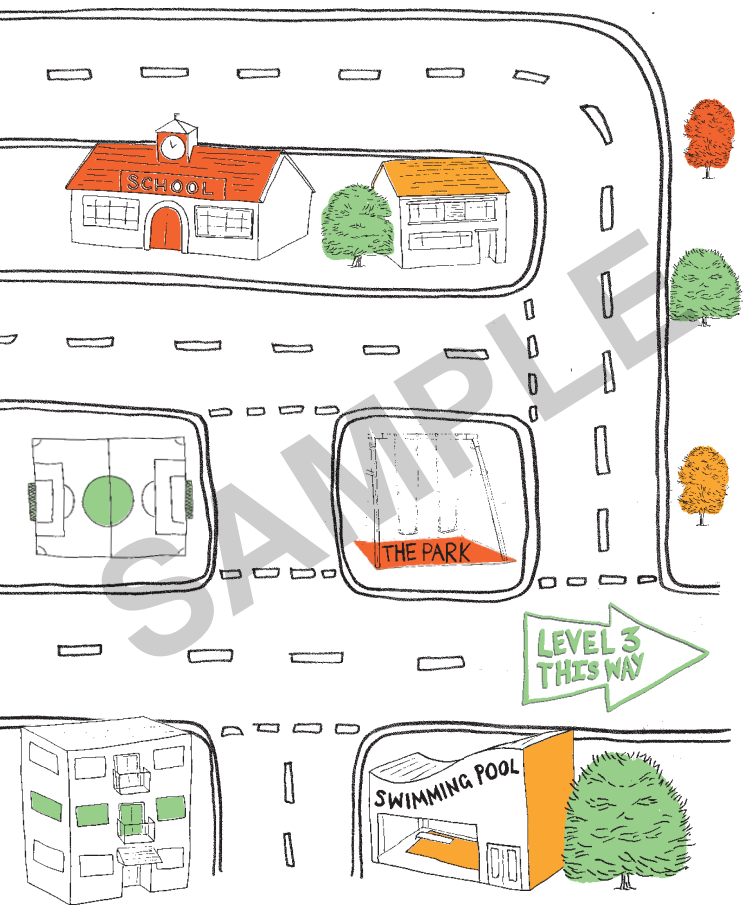
Passing a side road, the cyclist has priority.



WHERE CAN I GO NOW?

As a Level 2 rider you can cycle anywhere on single-lane roads and use junctions.





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 Bikeability Level 2 the following skills are practised on single-lane roads and simple junctions with mostly moderate traffic flows:

- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Comply with signals, signs and road markings
- Communicate with other road users
- Negotiate junctions



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