



Well done!

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has taken part in
Bikeability Level 3 cycle training

The training develops skills for cycling on complex, busy or fast roads and junctions sometimes with heavy 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 (mandatory)	Independently	With more practice	With some assistance	Not yet attempted
Plan a journey – plan suitable routes, estimate the time needed, plan where to lock or store cycle				
Ride assertively – maintain a safe riding space, scan ahead and behind, use riding position to maximise visibility, ride with control, assess own riding behaviour for improvement				
I can (optional)				
Pass queuing traffic				
Use junctions controlled by traffic lights				
Use multi-lane roads and roundabouts				
Use cycle infrastructure				
Use bus lanes				
Avoid driver blind spots				
Negotiate vehicles that pull in ahead				
Ride with other cyclists				
Ride on roads with a speed limit above 30 mph				
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