

Level 2 Bikeability Course (including Level 1)



Children attending this course **must**

- be 10 years of age or in school year 5 or above
- be able to cycle
- have a cycle in road worthy condition

The course typically includes five daily sessions: one lasting 2 hours and four lasting 1 hour 15 minutes. Timings may vary due to weather or when courses run during school holidays. The first session covers a bike check and an assessment of riding skills in a traffic-free area such as a playground

Participants must demonstrate the required Level 1 outcomes in order to proceed to the Level 2 on-road riding sessions that follow.

On days **2, 3, 4** and **5** sessions consist of basic manoeuvres and drills on road junctions in the local area. These include left and right hand turns and over taking parked vehicles.

This course is designed to **improve** cycle control and **introduce** children to riding on the road, not to teach them to cycle. Please note that certificates and badge will be provided for all participants. For further details on Bikeability levels, please visit: <http://bikeability.org.uk/>

Children are encouraged to visit the DfT Think! website (www.think.gov.uk/education-resources) to help improve their understanding of the Highway Code.

Parents, guardians and carers can support their child's progress by helping them prepare in advance.

They should check that their child can:

- Start and stop safely
- Ride in a straight line
- Use gears where applicable
- Maintain control while looking behind and signalling

Children who cannot demonstrate these skills will not be able to continue onto on-road training.

It is important that parents, guardians and carers:

- Ensure their child's cycle is roadworthy (see cycle-checking notes below for more details)
- Inform the school or instructors of any additional needs, medical requirements or relevant information
- Provide suitable clothing for riding in all weather, as sessions continue in wet or cold conditions, gloves are especially useful for keeping hands warm.



Information On Checking Cycles

Parents & guardians should check their child's cycle before the start of the course. **If, in the opinion of the instructor, the cycle is not in a road worthy condition, trainees will not be allowed on the course.** Faults are often easily put right but occasionally a new part is required. We should therefore like to draw your attention to the following:

This link is a handy guide: [About cycle training for children](#)

Cycle Helmets

Cycle helmets can protect the head in a fall or collision. We strongly recommend that your child wears one. All of our instructors do. A cycle helmet should conform to BS EN 1078:2012+A1:2012, EN1078 or equivalent. Please watch this short video: [How To: Fit Your Bike Helmet](#)

Overall Mechanical Condition

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

Fitting

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. If feet are flat, raise the saddle. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

Saddle

The saddle should be at a comfortable height for the rider (see above) and the safety mark on the stem should not be visible. Check the saddle nuts are fully tightened.

Handlebars

In most cases, the handlebars should be roughly the same height as the saddle and they should not move independently of the front forks. The safety mark on the stem should not be visible. Handlebars should also have suitable grips fitted to help the rider with control of their cycle.

Wheels

Spin the wheels gently one at a time. They should spin freely without rubbing against the forks or brakes, and they should not wobble from side to side. Always check that the wheel nuts or quick release levers are fully tightened before you ride your bike. Ensure that no spokes are missing.

Tyres

As on cars, worn tyres can kill. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure (shown on side wall). Check them before you ride by pinching the sides of the tyre together. If they squash easily the tyre should be pumped up.

Brakes

To be road legal a bicycle must have two working brakes. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebar in the 'on' position the cables are too slack. When sitting on the saddle the rider must be able to operate the brake levers without taking the hands off the handlebars. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips.



Brakes should be checked every time you ride. Stand by the bicycle, apply the brakes and try to push the bicycle backwards and forwards. If the bicycle moves forwards then the front brake is not working properly, backwards the rear brake is not working. Look at the brake blocks they should grip the side of the wheel exactly (not the tyres) when the brake levers are applied. If the brake blocks are worn down they should be replaced. Check that the cables are not frayed.

Frame & Forks

Cracks and fractures in the frame can be very dangerous. If you find cracks you must not ride the bicycle. Also make sure there is no serious rusting on the frame.

Chain

Lubricate the chain about once a month. A loose chain may come off, get caught in the wheels and throw the rider off the bike.

On BMX or single gear bikes check it by placing a pencil under the bottom part of the chain and lifting it. If the chain lifts more than 2cm it is too loose. Note that this test does not work for derailleur gears i.e. the most common gear system.

Gears (if applicable)

Gears cogs easily get clogged up with dirt so keep them clean. Check the cables for fraying. Ensure that using the gear shift actually changes the gear and enables the rider to access all the gears.

Pedals

The pedals should spin freely be undamaged. They should be fitted with amber pedal reflectors.

Reflectors

Bicycles must have a red rear reflector. Ensure this is positioned correctly and not hidden by mudguards, carriers or clothing. They should also have a white front reflector, amber reflectors on the pedals and white or amber reflectors on the spokes. Keep the reflectors clean – they do not work when dirty, and make sure they don't work loose.

Lights (if fitted)

When ridden at night, a bicycle must have a red rear light and a white front light that shine brightly. Check them before going out; if the light is dim, change the batteries.

Bell (if fitted – new cycles are required to be supplied with one)

We suggest that a bell or alternative warning device is fitted. The correct position is on the handlebar within easy reach of the grips.

CYCLE Or HELMET MOUNTED CAMERAS

We **do not** permit the use of cameras or recording equipment by trainees of any age during a training course unless stated and agreed prior to training taking place.

Be Bright, Be Seen

Many accidents involving cyclists occur because a driver fails to notice the rider. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a high-vis tabard.

