

The need to know about your child's Level 1 and 2 Bikeability training

Bikeability (Cycling Proficiency for us oldies) is what I have trained for. I have successfully completed levels 1, 2 and 3 of the British Cycling NSI Bikeability training course.

Because I work for myself I am delivering National Standard Instructor (NSI) Cycle Training as opposed to delivering Bikeability when I work for the likes of, for example, NYCC or CycleLeeds. They are both one and the same and your child will receive exactly the same training 😊

Your child will need a roadworthy bike to complete Level 1 and Level 2 😊 this means a bike with properly working front and rear brakes, pumped up tyres and a bike that is a suitable size for them to ride

Please read about Levels 1 and 2 below

Bikeability is today's cycle training program. It's like cycling proficiency, but better! It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills, no matter what is known already. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.

Level 1

This is completed in the playground in an off road environment

At Level 1 new riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Trainees will usually be trained in a group of 3-15.

At Level 1 you can:

- prepare yourself and your bike for cycling
- get on and off your bike without help
- start off, pedal and stop with control
- pedal along, use gears and avoid objects
- look all around and behind, and control the bike
- share space with pedestrians and other cyclists
- be able to confidently look over your shoulder and signal

Level 2

This is completed on the road.

Level 2 takes place on local streets, giving trainees a real cycling experience. Trainees learn how to deal with traffic on short journeys such as cycling to school or the local shops. Trainees are usually trained in small groups – up to 6 trainees per instructor – though individual training may also be available.

At Level 2 you can:

- prepare for on-road cycling
- start and finish an on-road journey
- recognise typical hazards
- let others know what you are about to do
- know where to ride on the road
- pass parked vehicles and side roads
- be able to do the four turns

All children who complete Levels 1 and or 2 NSI training will receive a IWTRMB certificate to say they have completed the training :-)

Kind regards

Dave Burns