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National Standard Cycling Training

The Client Standard

OVERALL OUTCOME:

More people cycling more often and more safely.

SUPPLEMENTAL OUTCOME - ALL LEVELS:

The client will demonstrate the knowledge and ability to be able to get off their bike and walk if they judge they do not have the competencies to safely negotiate an environment.

The National Standard consists of 3 levels. The National Standard defines the expected competency of the cyclist upon completion of training at each level.

Level 1 Off road general cycling skills

Level 2 On quiet roads, positioning, hand signals, starting/stopping on road, road signs and signals.

Level 3 Busier roads, traffic, roundabouts, traffic lights, one way systems, dual carriageways.



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Level 1

Outcome: The client will demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip.

Level 1 is usually covered in a traffic free environment. The client should be able to do the following consistently:

- 1A Carry out a simple bike check
- 1B Get on and off the bike without help
- 1C Start off and pedal without help
- 1D Stop without help
- 1E Ride along without help for roughly one minute or more
- 1F Make the bike go where they want
- 1G Use their gears correctly (where the bike has gears)
- 1H Stop quickly with control
- 1J Manoeuvre safely to avoid objects
- 1K Look all around, including behind, without wobbling
- 1L Signal right and left without wobbling



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Level 2

Outcome: *The client will be able to demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on quiet roads.*

Level 2 is covered on quiet roads but with real traffic conditions. The client should be able to do the following consistently:

- 2A All Level 1 manoeuvres
- 2B Start an on-road journey
- 2C Finish an on-road journey
- 2D Be aware of everything including behind whilst riding

- 2E Understand how and when to signal their intentions to other road users
- 2F Understand where to ride on the roads they are using
- 2G Pass parked or slower moving vehicles
- 2H Pass side roads
- 2J Turn left into a minor road
- 2K Turn left into a major road
- 2L Turn right into a major road
- 2M Turn right into a minor road
- 2N Be able to take the correct carriageway lane when needed
- 2P Decide where cycle lanes can help their journey and demonstrate correct use (if cycle lanes can be included)
- 2Q Explain decisions made during riding and thereby demonstrate understanding of safe riding strategy
- 2R Demonstrate a basic understanding of the Highway Code, in particular how to interpret road signs and markings
- 2S Demonstrate understanding of safety equipment and clothing

The following outcomes are not part of the core standard and are therefore non compulsory. However they may be delivered at Level 2.

- 2T Make a U turn
- 2U Go straight from minor road to minor road at a crossroads
- 2V Turn left at a mini/single lane roundabout
- 2W Go straight ahead at a mini/single lane roundabout
- 2X Turn right at a mini/single lane roundabout



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Level 3

Outcome: *The client will be able demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on busy roads and using complex junctions and road features.*

Level 3 is covered on busy roads incorporating real traffic conditions and advanced road features. The client should be able to do the following consistently:

- 3A All *Level 2* manoeuvres
- 3B How to use roundabouts
- 3C How to use junctions controlled by traffic lights
- 3D How to use multi lane roads and turn off into them
- 3E An understanding of filtering and an ability to decide when to filter and when to wait
- 3F How to use both on and off road cycle facilities
- 3G Hazard perception and strategy to deal with hazards
- 3H An understanding of route planning