

# Bikeability Scotland

## Level 3



**Cycling Scotland**

Registered Charity No. SCO29760

# Introduction

The main aims of Bikeability Scotland Level 3 are:

- to encourage and develop safe cycling skills
- to develop positive attitudes towards road use
- to increase knowledge and understanding of the road and traffic environment
- to give trainees the confidence to use their cycles on longer journeys

# M-Check



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# Helmet Check



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# Locking a Bike Securely



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Fluorescent Jacket



Hi Vis Jacket



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# Lights and Reflectors



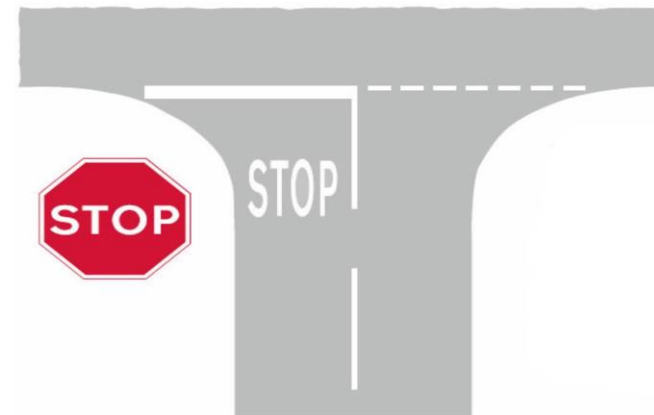
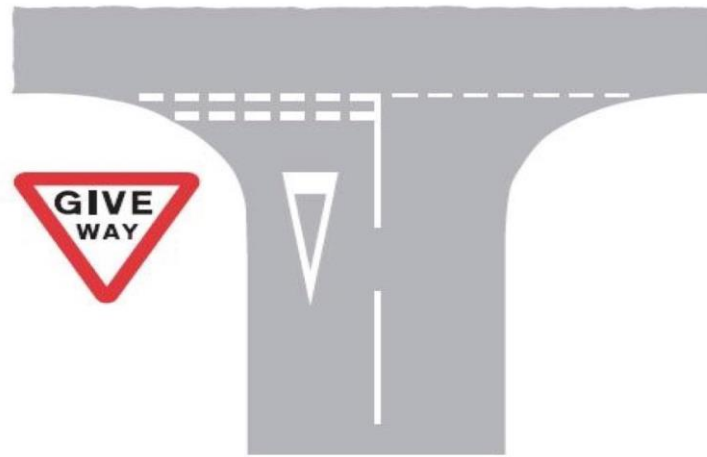
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# Control Observation Position Signal



# Road Signs and Junctions



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# Cycling in Pairs or Groups



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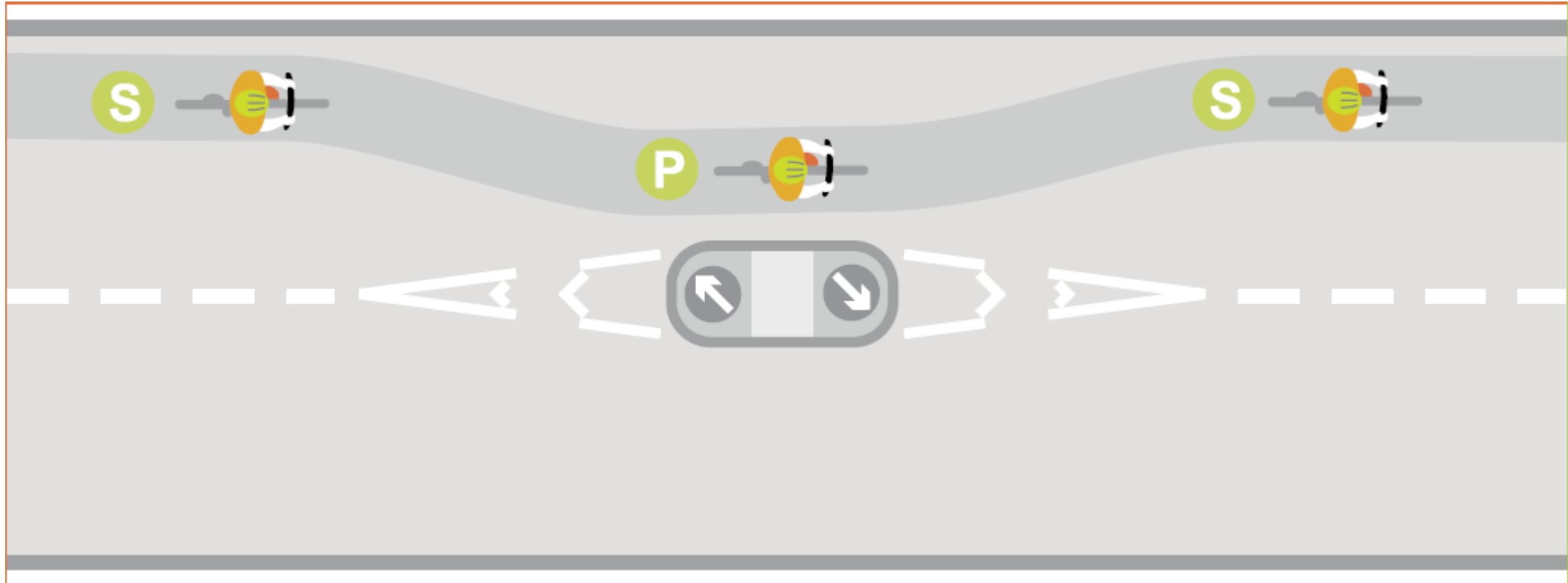


Good communication is essential  
SHOUT it forward SHOUT it back

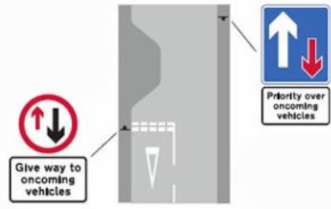
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# Primary and Secondary Positions



# Traffic Calming

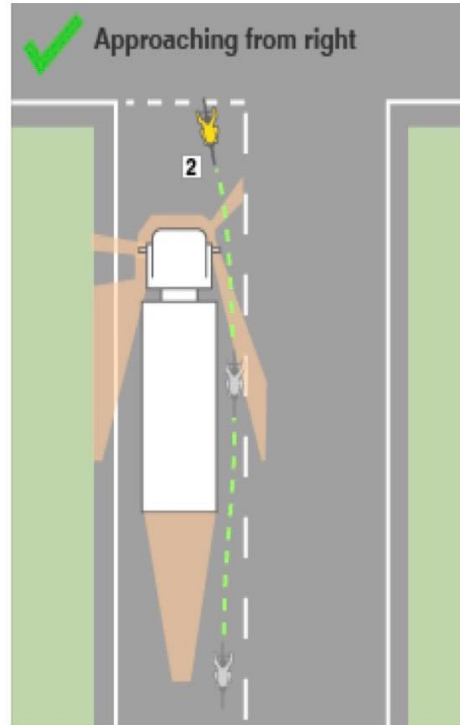
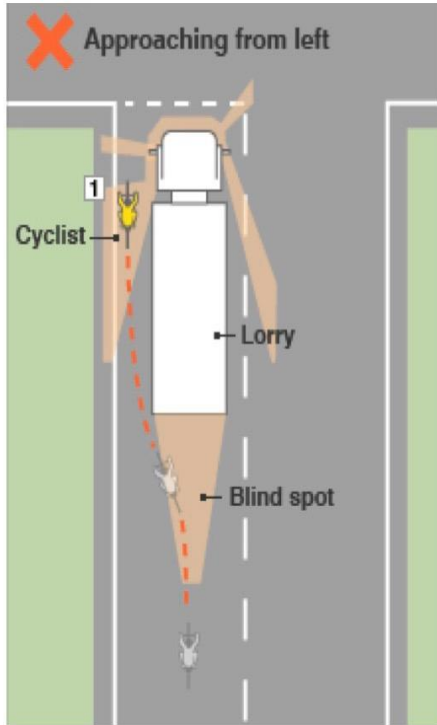


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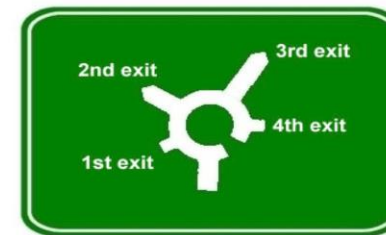
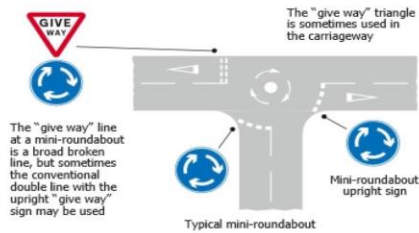
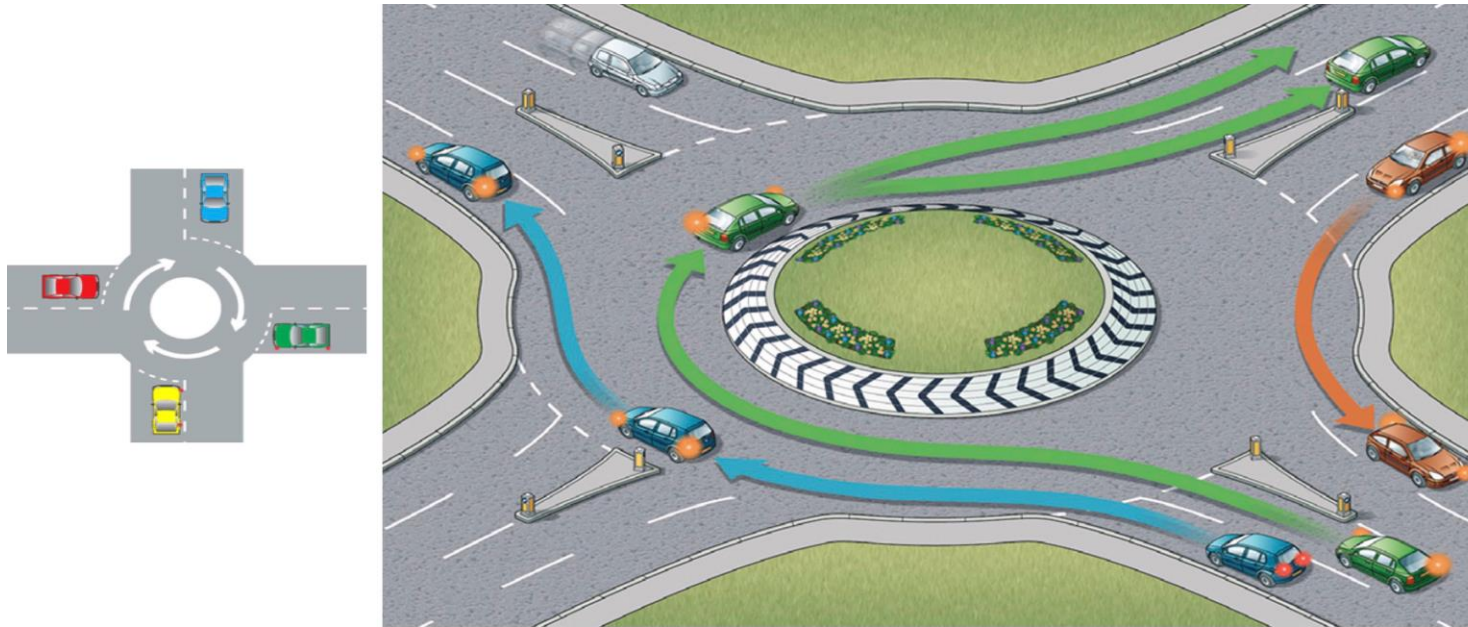
# Driver Blindspots



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# Roundabouts

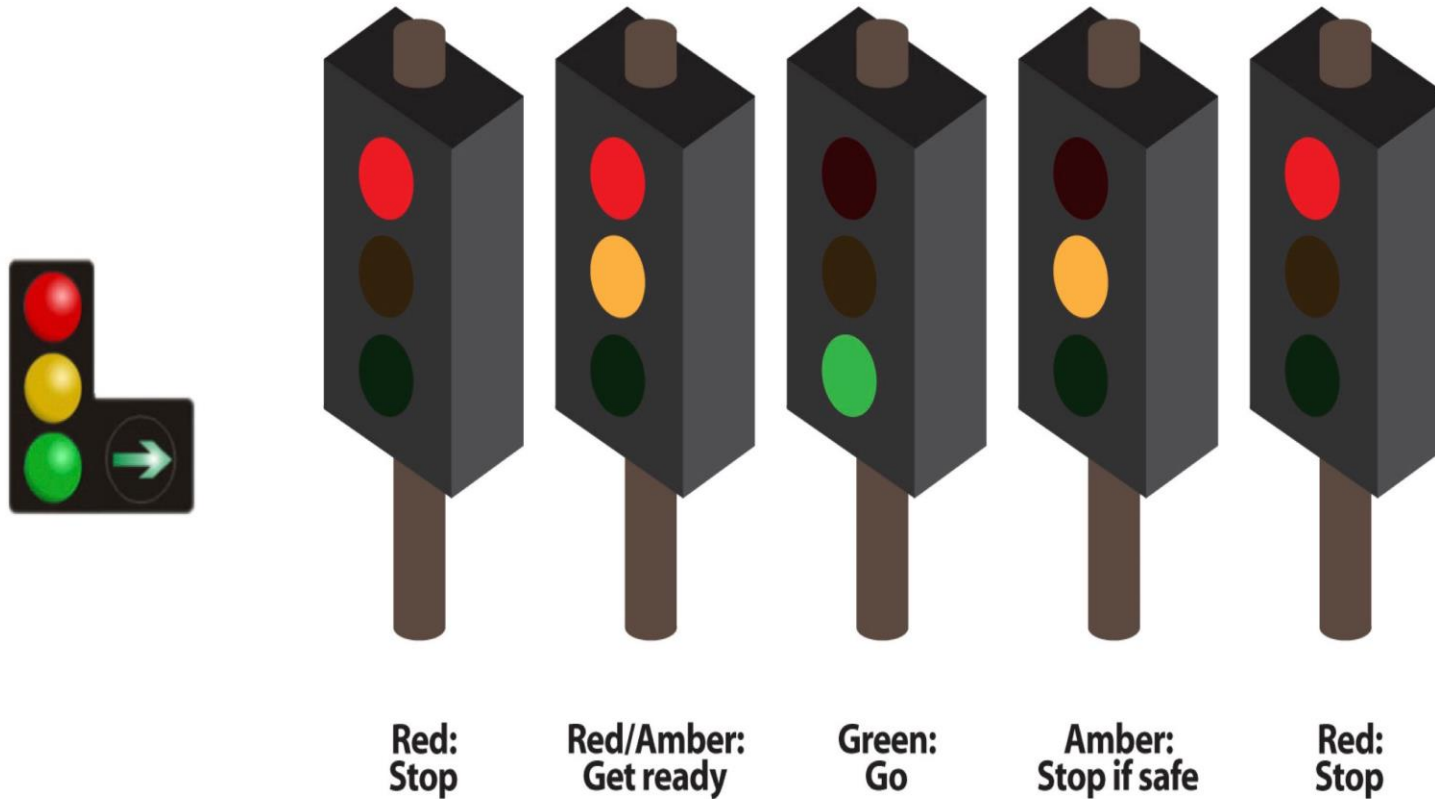


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# Traffic Lights



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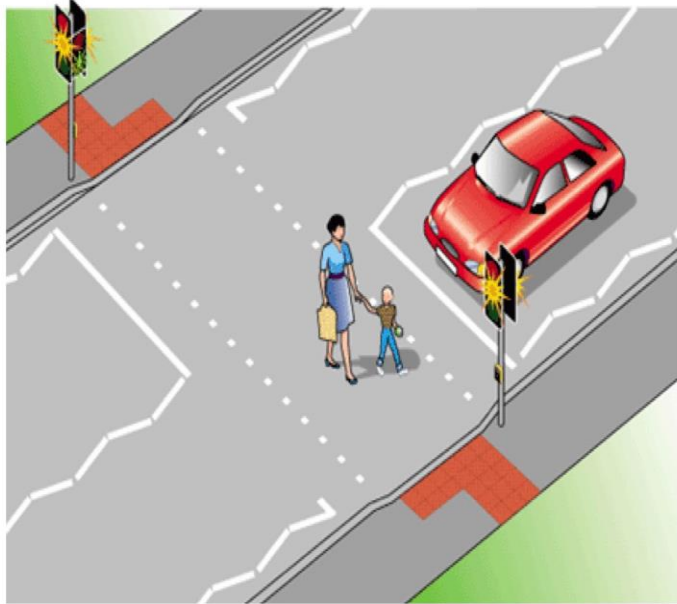
# Advanced Stop Line



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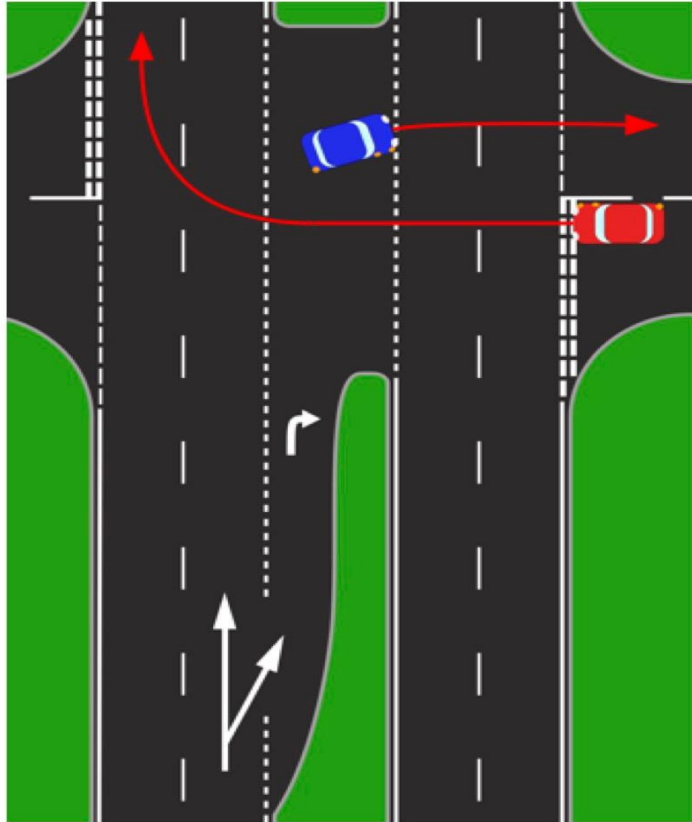
# Crossings



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# Multi-Lane Roads and Roads with a Speed Limit Above 30mph



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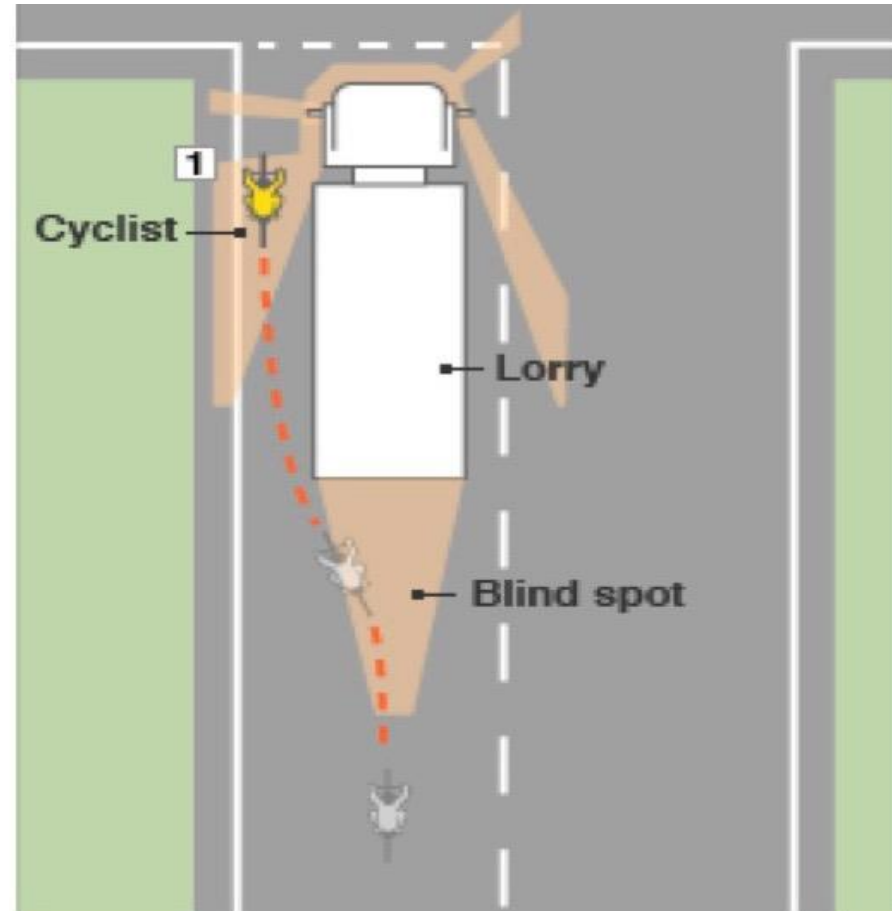
# Passing Queuing Traffic



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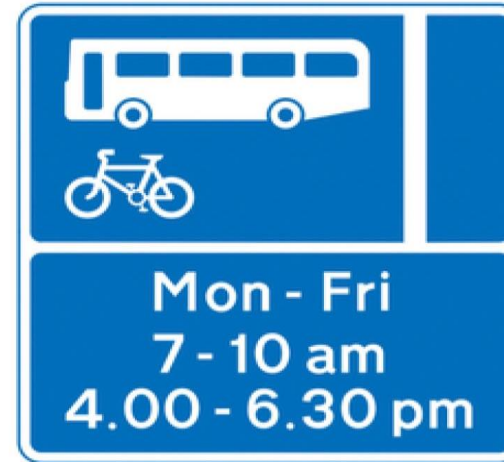
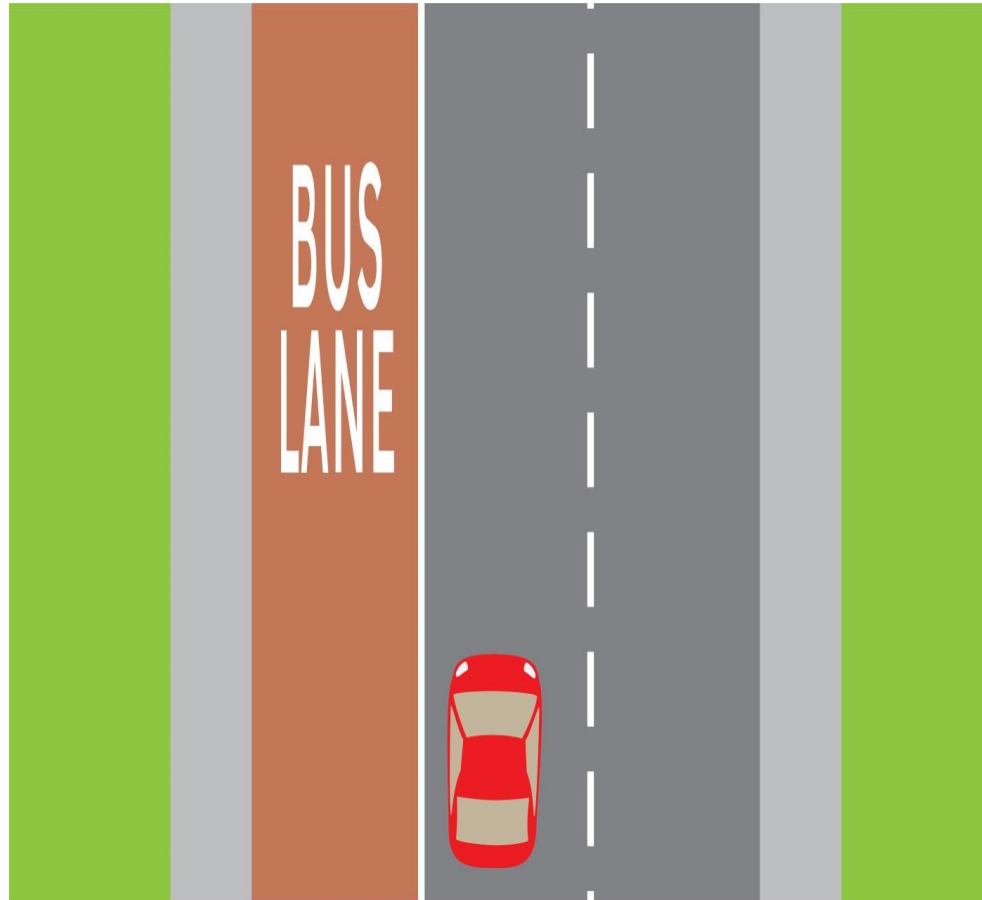
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# Vehicles Pulling in Front





# Cycling in Bus Lanes

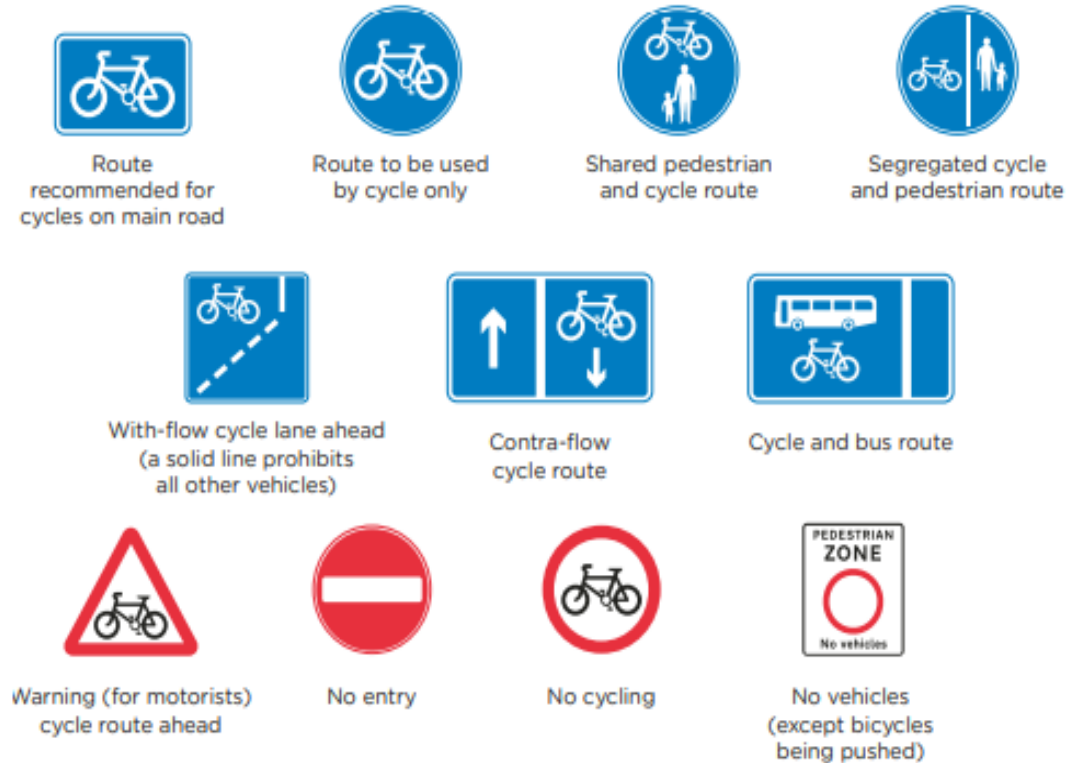


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# Cycle Lanes and Signage



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