

Bikeability Scotland Level 3 Training Course – Quick Guide

Course Schedule		
	Session 1: Classroom based, discussion led PowerPoint session	90 mins
	Session 2: On-road session along a risk assessed route incorporating a number of cycling manoeuvres on quieter roads	60 mins
	Session 3: On-road session along a risk assessed route incorporating a number of more complex manoeuvres on busier roads	120 mins

Introduction

- Bikeability Scotland Level 3 equips pupils with the skills required to cycle safely within complex traffic situations such as busier streets, queuing traffic, multi-lane roads and roundabouts.
- It also includes planning journeys for safer cycling.
- Bikeability Scotland Level 3 training is delivered in groups of up to 6 pupils with 2 qualified cycle trainers cycling with the pupils at all times.
- As Bikeability Scotland Level 3 takes place outwith school grounds, a teacher (qualified as a Cycle Trainer Assistant) will be provided by the school and will cycle with the group at all times.
- It is the responsibility of the school to choose the pupils best suited for Bikeability Scotland Level 3 and parental permission must be granted for pupils to participate.
- The pupils chosen must have completed Bikeability Scotland Level 2 to a high standard and have an understanding and awareness of cycling principles and on-road/off-road cycling infrastructure.
- As well as being competent and confident on a bike, they must have the correct temperament to cope with busy roads and complex traffic situations.
- The pupils must be able to work effectively as a team, have good communication skills and maintain good discipline throughout.
- All pupils and teacher must check their personal bikes prior to the course commencing. The bikes must be in a roadworthy condition. There will be an M-check before each on-road session commences.
- All pupils and teacher must provide their own helmet in good condition. Helmets and Bikeability Scotland hi-viz vests must be worn by all cyclists for the duration of the course.

Course Structure

The course is broken down into three sessions:

- a 1½ hour classroom based session that prepares the pupils for the on-road sessions.
- a 1 hour and then a 2 hour on-road session, where the group is led through a number of cycling manoeuvres.
- All routes are risk assessed by the lead trainer prior to the course beginning.
- A dynamic risk assessment will take place by the lead trainer prior to each session.
- All trainers hold a Cycle Trainer qualification and either/both will be first-aid trained.

Pre-course planning

- Prior to the course beginning the lead Cycle Trainer will provide the schools with the risk assessed routes plus relevant risk assessment. The school can send these to the parent/guardians of the pupils taking part.
- Consent forms must be completed by the parent/guardian of each pupil prior to the first on-road session commencing.

Cycling Scotland

- The lead trainer will provide the school with a copy of the Bikeability Scotland Level 3 Essential Cycling Skills Quick Guide for each pupil, plus teacher. It is advised that the pupils, with their teacher, as well as their parent/guardian, read the guide and familiarise themselves with the routes.
- The lead trainer will provide a kit list of what the pupils and teacher should bring for the on-road sessions. This will include reference to dressing appropriately for the weather conditions.

Classroom Session

- The classroom session is a PowerPoint, discussion led conversation, which prepares the pupils for the on-road sessions.
- The session includes an M-Check where the whole group check their own bikes to make sure they are safe and roadworthy. A helmet and clothing check will also be covered.
- The group is shown how to lock their bikes securely.
- Other aspects discussed in detail include preparing for a journey, hazard perception, driver blindspots, cycling in pairs, advanced road position, road signs/markings and their meanings, how to use roundabouts and junctions controlled by traffic lights.
- By the end of the session the pupils will have a clearer idea of what to expect during the on-road sessions and what is expected of themselves.

On-road Session One

- A one hour session along a risk assessed route where the group will be led through a number of cycling manoeuvres on quieter roads. The session is cycled in its entirety as a group.
- Prior to the session commencing the group will perform an M-check plus clothing and helmet check.
- All pupils must demonstrate Bikeability Scotland Level 2 manoeuvres to a high standard.
- The group will cycle primarily in pairs (but also single file if required) and, for the most part, in the primary road position. Clear observations and signals should be performed by the group throughout.
- Ideally the session will include a roundabout in a quiet area where the group will gain experience of roundabout manoeuvres in preparation for On-road Session Two.
- If off-road cycle infrastructure is available then this should be incorporated into the route.
- Throughout the session the group will work effectively as a team, with hazard perception and reacting to hazardous road surfaces key areas to communicate.
- By the end of the session the group will be cycling confidently in pairs, in a variety of road and traffic conditions with a clear understanding of road infrastructure and advanced road positioning.

On-road Session Two

- Progressing from Session One this two hour session is along a risk assessed route where the group will be led through a number of cycling manoeuvres on busier roads. The session is cycled in its entirety as a group.
- Prior to the session commencing the group will perform an M-check plus clothing and helmet check.
- Throughout the session the group will work effectively as a team.
- The group will cycle primarily in pairs (but also single file if required) and, for the most part, in the primary road position. Clear observations and signals should be performed by the group throughout.
- Key aspects of this session will include advanced road positioning, passing queuing traffic, understanding driver blindspots and dealing with vehicles pulling in front of you.
- If available the session should incorporate a roundabout, a junction controlled by traffic lights, a multi-lane road and cycling in a bus lane. Cycling on roads with a speed limit above 30mph should also be covered, where possible.
- By the end of the session the group will be able to cycle confidently in pairs, in all types of road conditions and more challenging traffic situations, with a clear understanding of road infrastructure and advanced road positioning.

Certificates

- Each pupil will receive a certificate and badge on completion of Bikeability Scotland Level 3. The certificate will communicate to each individual pupil what aspects of the course they performed well and what aspects need practice.