

# 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

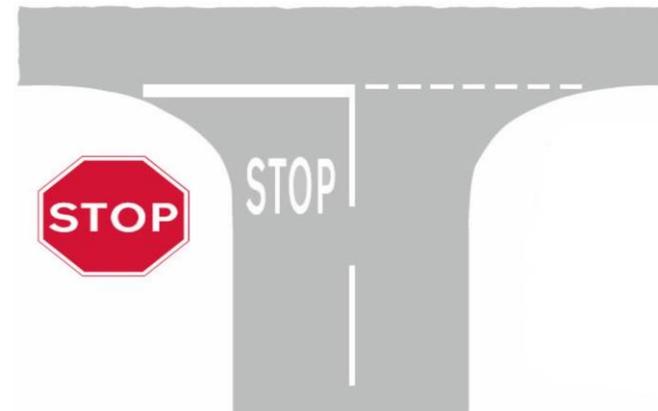
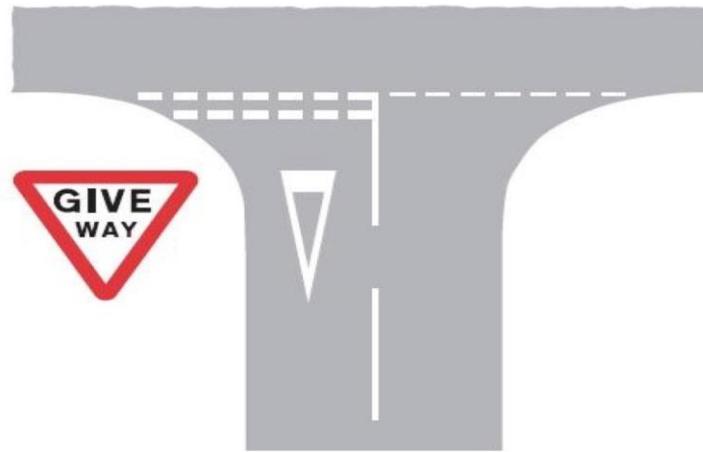


**Control  
Observation  
Position  
Signal**

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# Road Signs and Junctions

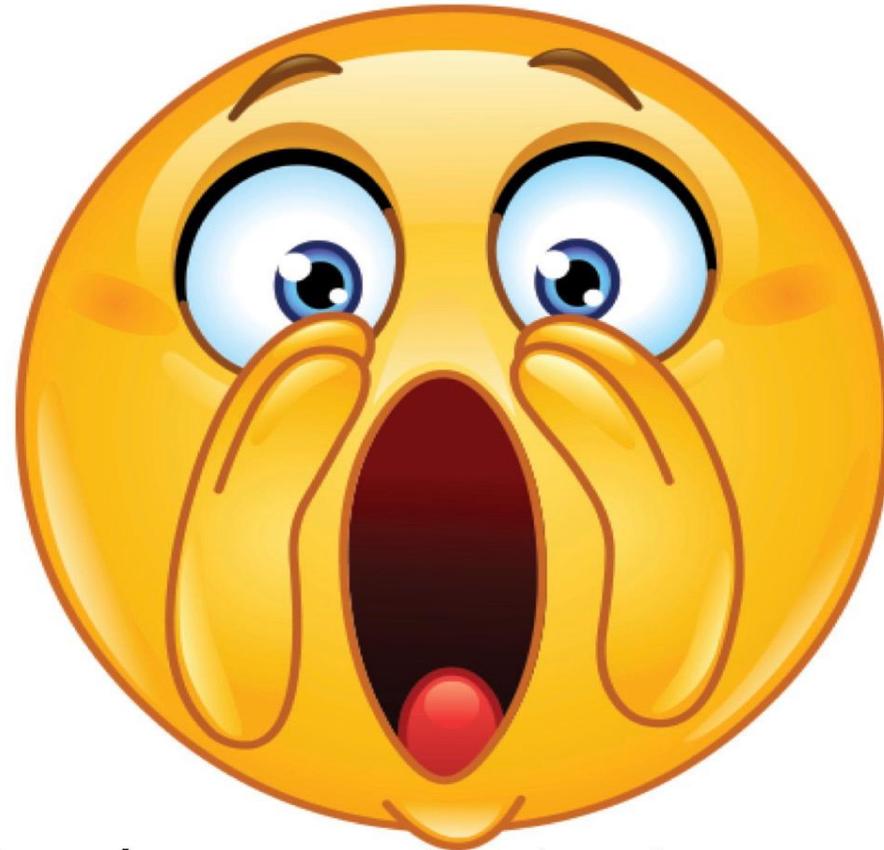


# Cycling in Pairs or Groups



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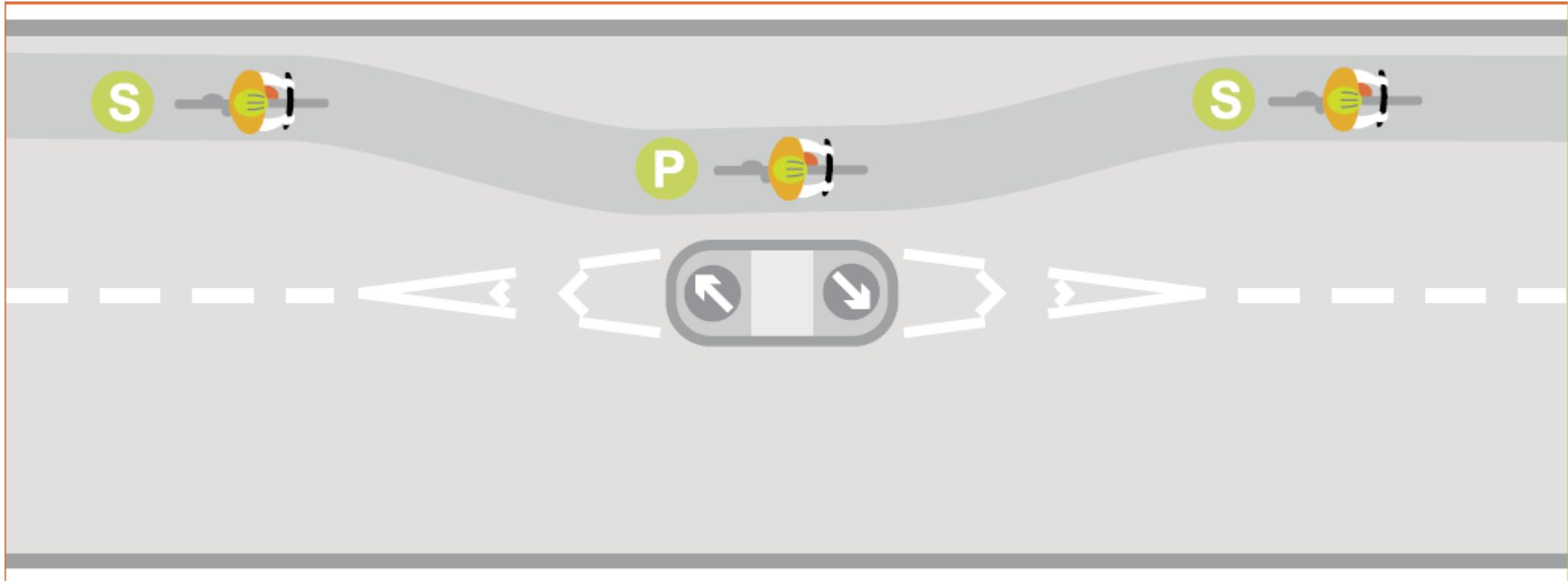


Good communication is essential  
SHOUT it forward SHOUT it back

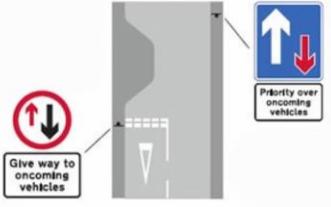
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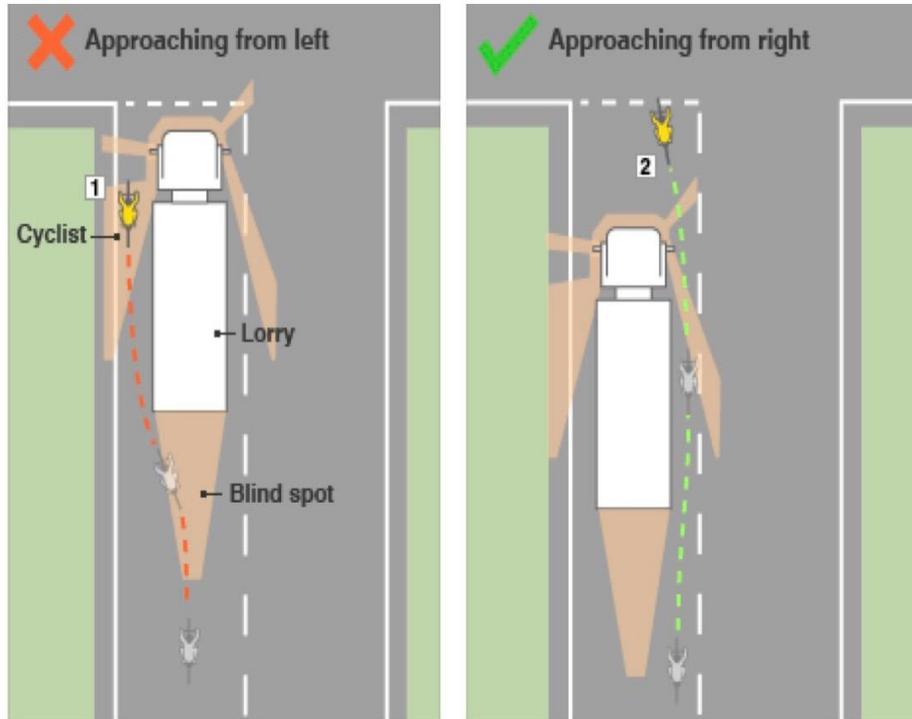
# Primary and Secondary Positions



# Traffic Calming



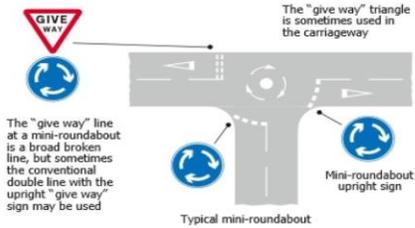
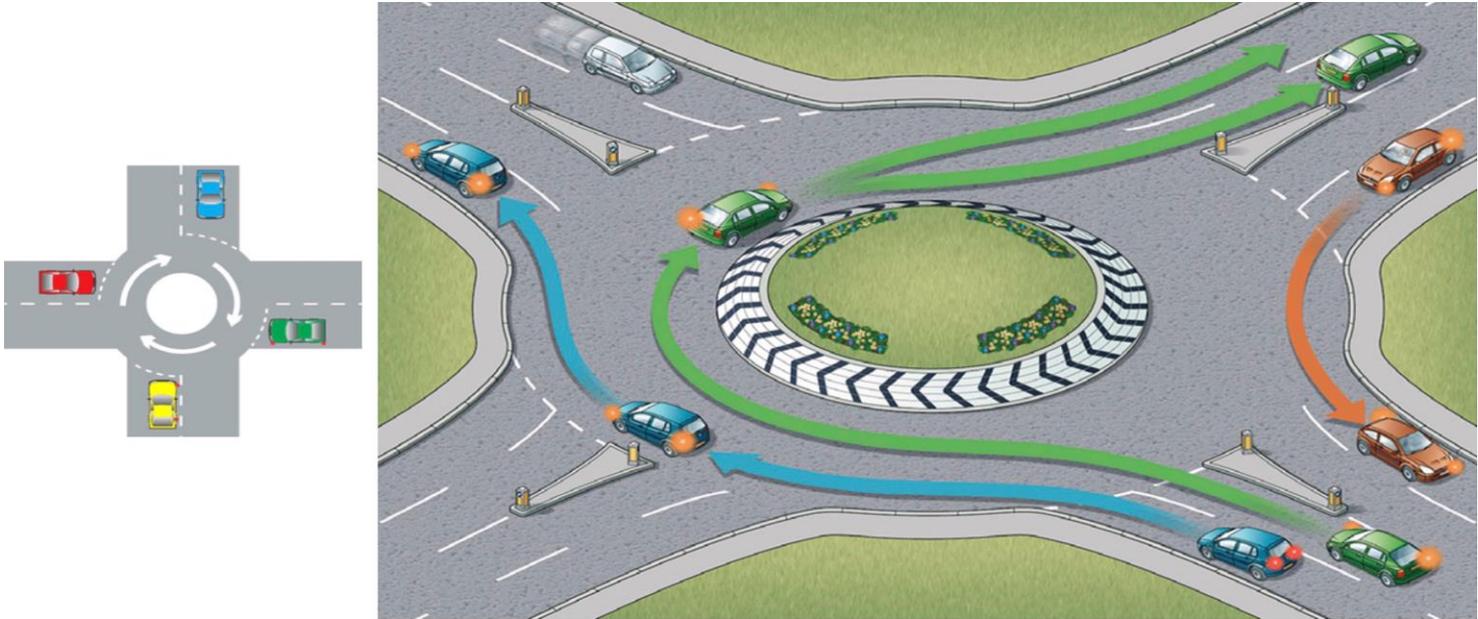
# Driver Blindspots



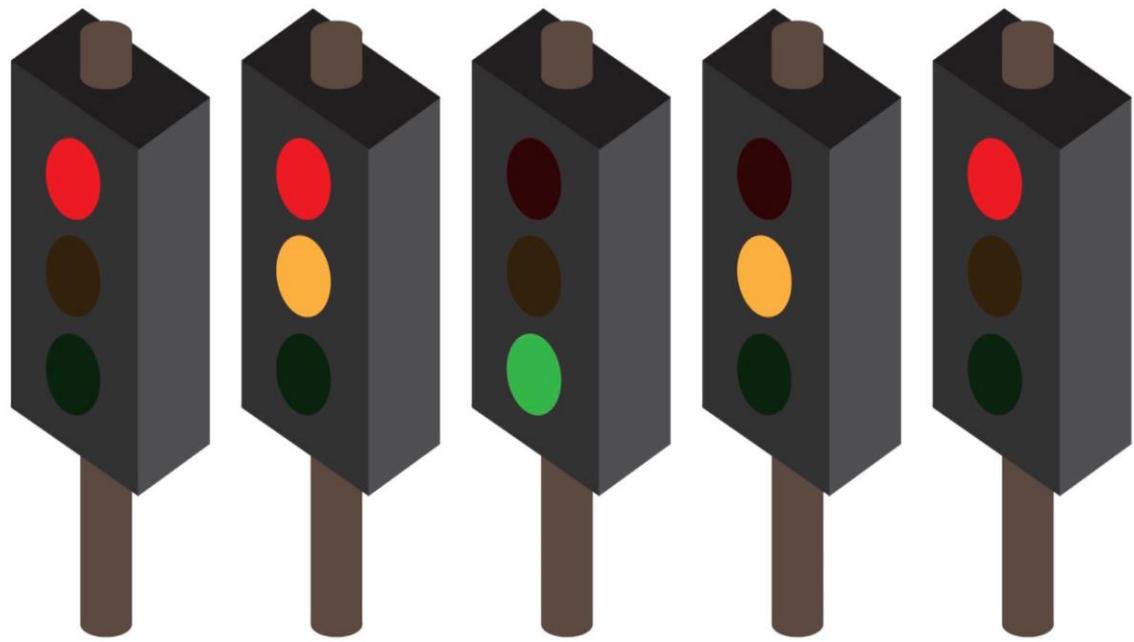
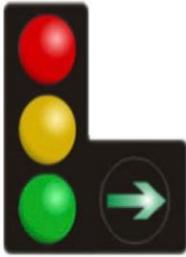
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# Roundabouts



# Traffic Lights



**Red:  
Stop**

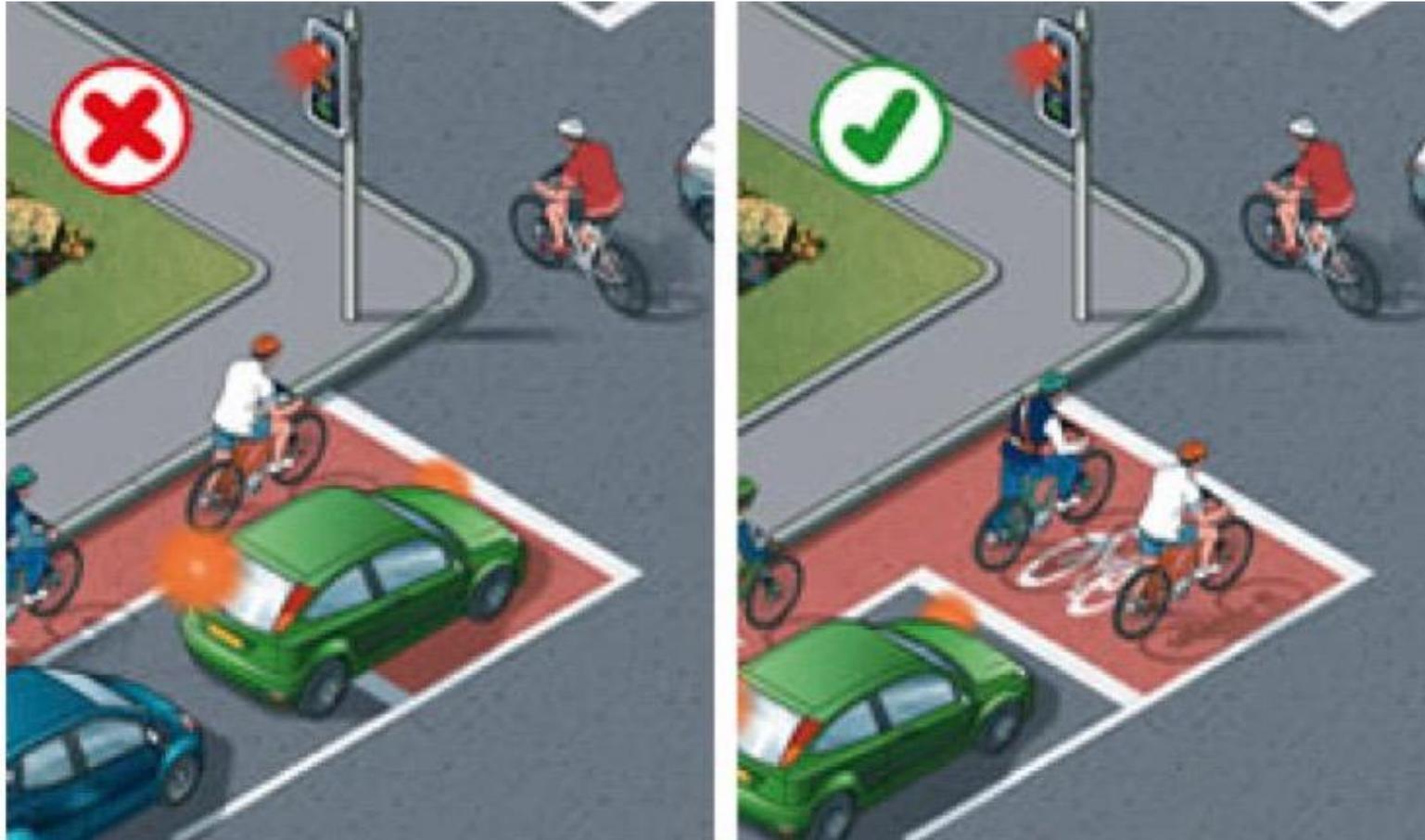
**Red/Amber:  
Get ready**

**Green:  
Go**

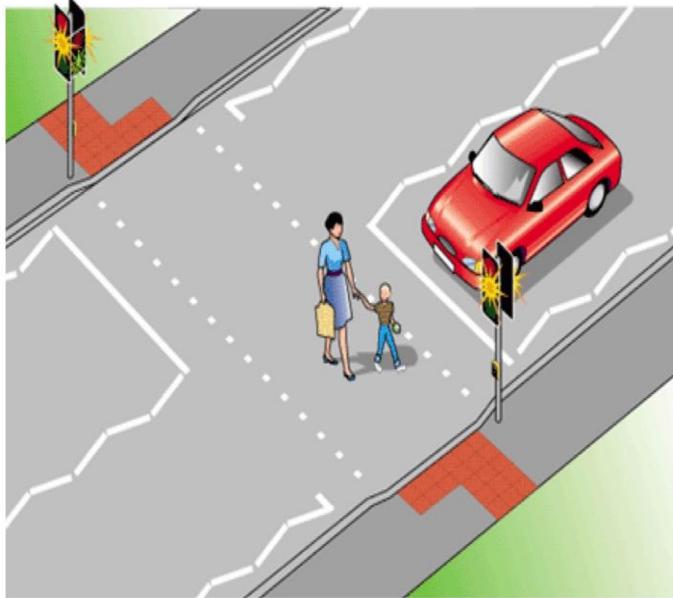
**Amber:  
Stop if safe**

**Red:  
Stop**

# Advanced Stop Line



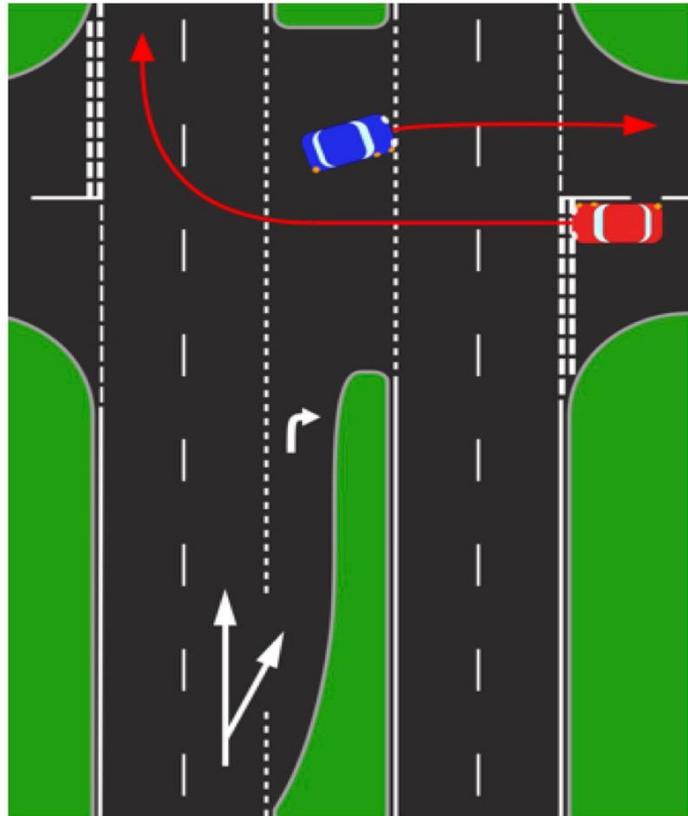
# Crossings



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



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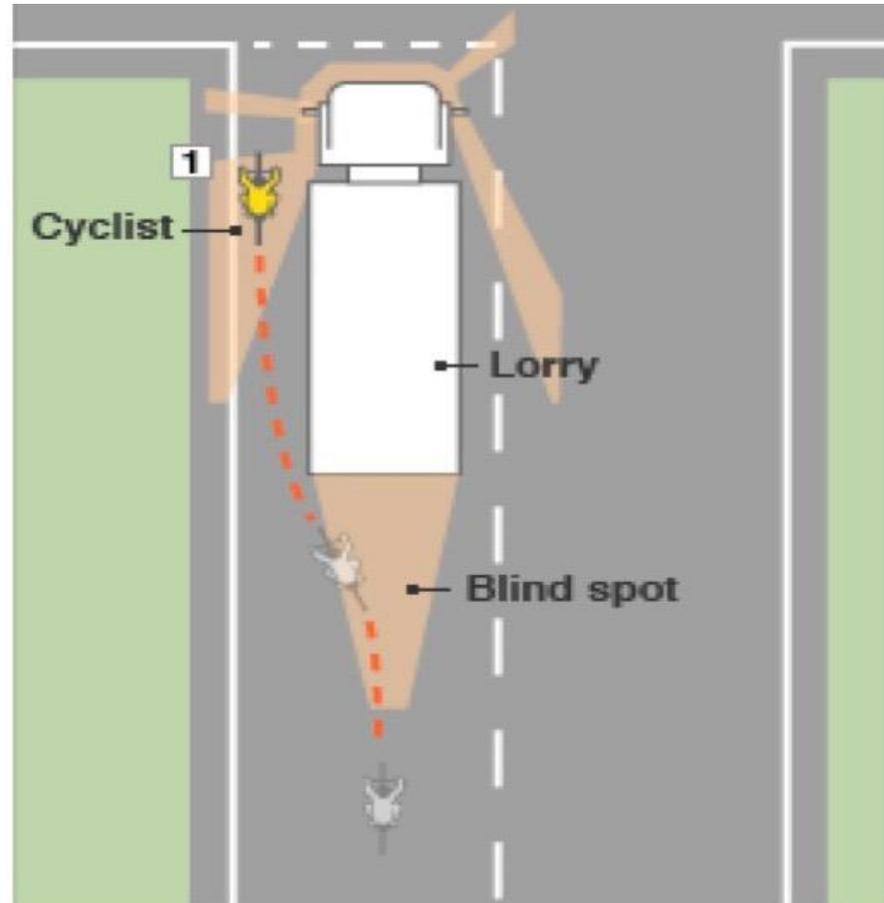
# Passing Queuing Traffic



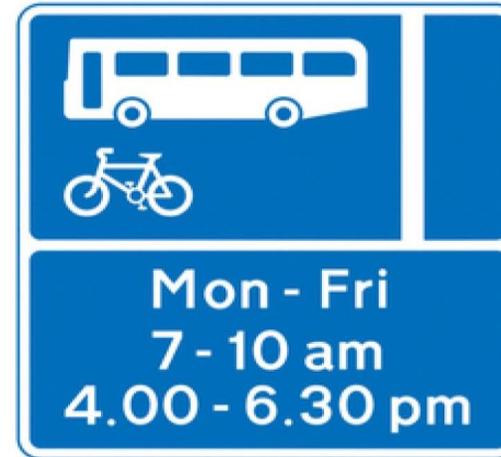
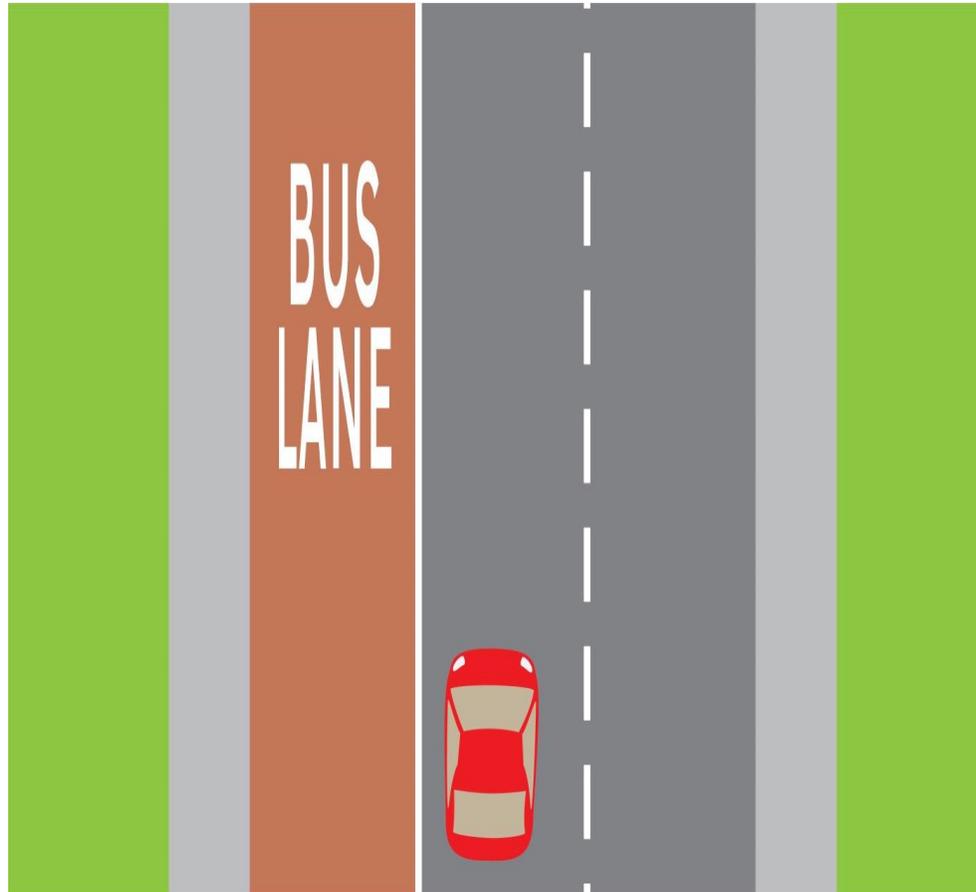
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# Vehicles Pulling in Front



# Cycling in Bus Lanes



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# Cycle Lanes and Signage

