

Cycling Scotland

Training course catalogue

7th Edition - March 2023



[cycling.scot](https://www.cycling.scot)

Cycling Scotland offers a full range of practical based cycle training and instructor training courses for all ages and abilities. Whether you want to improve your cycling skills, or become a Cycle Trainer teaching other people, we have the right course for you!

This guide gives you an overview of each of our courses, including duration, costs and any prerequisite skills you will need.

You can view upcoming courses at cyclinghub.scot

If you aren't sure what training course will suit your needs best, complete our training course identifier tool at: cycling.scot/what-we-do/training/question-form

For more information on cycle training, contact Cycling Scotland on tel: 0141 229 5350 or email: training@cycling.scot

Overview of training courses

Audience	Early-years children	School age children	Adults					Community
Programme	Play on Pedals	Go Mountain Bike	Bikeability Scotland	Adult Cycle Training	Practical Cycle Awareness Training	Cycle Patrol	CPD-Making Cycling Mainstream	Led Rides
Instructor Pathway	Play on Pedals Activity Leader/ Instructor	Go Mountain Bike Orientation	Bikeability Scotland Instructor (L1-2)	Cycle Trainer (Levels 1, 2 & 3)		Cycle Patrol Instructor	MCM Tutor	Cycle Ride Leader & Assistant Cycle Ride Leader
			Bikeability Scotland Instructor Trainer	Adult Cycle Training Orientation	PCAT Orientation			
Cycling Scotland Tutor								

Information correct at time of print.

Please note: Cycling Scotland reserves the right to make changes to courses and training.

All quoted course prices are regularly reviewed and subject to change.

Contents

Play on Pedals Activity Leader	4
Play on Pedals Instructor	5
Go Mountain Bike	6
Go Mountain Bike Orientation	7
Bikeability Scotland	8
Bikeability Scotland Instructor (BSI)	9
Cycle Trainer	10
Bikeability Scotland Instructor Trainer	11
Cycle Ride Leader & Assistant Cycle Ride Leader	12
Adult Cycle Training	13
Adult Cycle Training for Families	14
Adult Cycle Training for Cargo Bike Users	15
Cycle Patrol	17
Cycle Patrol Instructor	17
Practical Cycle Awareness Training	18



Play on Pedals Activity Leader

Play on Pedals Activity Leaders are able to deliver engaging games and activities to pre-school children who are learning to ride.

Who's it for?

Parents and volunteers who want to deliver learn to ride activities.

Play on Pedals Activity Leader training is aimed at supporting the cycling skills of nursery age children. Play on Pedals Activity Leaders include parents and volunteers delivering activities in safe, familiar settings.

What skills do I need?

You should be a minimum of 16 years of age, be able to ride a bike, and have some experience delivering activities to pre-school children.

How long does it take?

This is a 2.5 hour course.

What will I need?

You will need a bicycle in

working order and clothing appropriate for the weather.

How much will it cost?

Play on Pedals Activity Leader training is currently delivered through partner organisations with no cost to the candidate.

What's next?

It is recommended that Play on Pedals Activity Leaders complete child protection training.

Experienced Play on Pedals Activity Leaders can go on to become Play on Pedals Instructors or Cycle Trainers.

Contact

playonpedals@cyclingscot for more information.



Play on Pedals Instructor

Play on Pedals Instructors develop the cycling skills of nursery aged children with the use of balance and pedal bikes.

Play on Pedals Training is a cycling programme aimed at supporting the cycling skills of nursery aged children with the use of balance and pedal bikes. With colourful and interactive resources, Play on Pedals has strong links to the Curriculum for Excellence.

What skills do I need?

Candidates must be aged 18 or over and have prior experience of working with early-years, for example as a nursery teacher or through delivering other activities to nursery-aged children.

How long does it take?

One day.

What will I need?

You will need a bicycle in working order and clothing appropriate for the weather.

How much will it cost?

Play on Pedals Instructor training is currently delivered through Local Authorities and partner organisations with no cost to the candidate.

What's next?

It is recommended that Play on Pedals Instructors complete child protection training.

Experienced Play on Pedals Instructors can go on to become Play on Pedals Instructor Trainers or Cycle Trainers.

Contact

playonpedals@cyclingscot for more information.





Go Mountain Bike

If you want to develop your mountain bike skills, then Go Mountain Bike is the course for you.

Who's it for?

Anyone cycling off road.



Go MTB is a progressive mountain bike achievement award that enables people to advance their technical riding skills as well as learning how to look after themselves, their bike, the environment, and other people.

The programme is made up of four themes:

- Riding skills
- First aid
- Being independent and self-supporting
- Sharing the outdoors

Within these four themes there are five levels of ability. Go Mountain Bike allows you to mix and match the themes and levels depending on your interest.

What skills do I need?

If you would like to take part you should have the basic skills needed to ride a bike. To really make the most of Go Mountain Bike you should gain the skills at each level before progressing on to the next.

How long does it take?

Go Mountain Bike lasts as long as you would like to keep progressing. Taster sessions can be as short as one hour.

How much will it cost?

Costs for each session are set by the Go Mountain Bike Instructor or local centre.

What's next?

Go Mountain Bike will make you a better mountain biker, giving you the skills and knowledge necessary to cycle off-road.

For further information, visit cycling.scot/gomtb

Go Mountain Bike Orientation

The Go Mountain Bike Orientation supports existing leaders to use the Go Mountain Bike resources when delivering their sessions.



Who's it for?

Fully qualified mountain bike leaders.

This is a practical based course which includes the skills and information you need to plan and deliver Go Mountain Bike sessions. The course familiarises you with the Go MTB resources along with valuable teaching techniques covering the four Go MTB themes.

What skills do I need?

You will need to have already gained one of the following awards: Trail Cycle Leader, Mountain Bike Leader, the Cycling UK Trail Mountain Bike Leader Award or the British Cycling Level 2 Mountain Bike Leader Award.

How long does it take?

One day.

What will I need?

You will need a mountain bike in working order, and clothing appropriate for the weather.

You will also need to provide evidence of current pre-requisite qualifications.

How much will it cost?

The cost varies between £100 and £150; it depends on which provider is delivering the course.

What's next?

You may wish to continue developing as a leader by following one of the other recognised pathways promoted by Cycling Scotland or other organisations such as Scottish/British Cycling. It is recommended that you hold a valid first aid certificate and appropriate insurance. For more information contact

training@cycling.scot





Bikeability Scotland

Bikeability Scotland is the national cycle training programme for school children and is aligned to the UK National Standards. The training comprises of three levels.

Who's it for?

Children.

This training is designed to give children the skills and confidence they need to cycle safely on the road, and to encourage them to carry on cycling into adulthood.

Level 1 training is usually delivered to school pupils in Primary 5 or 6, and teaches them the basic skills they need to ride a bike, such as balance, control and making turns. Level 1 takes place in a traffic free environment.

Level 2 training is usually delivered to school pupils in Primary 6 or 7, and teaches them how to ride a bike safely on the road and deal with basic junctions. Level 2 training takes place on quiet roads with moderate traffic.

Level 3 training is usually delivered to school pupils in Primary 7 or S1/2, and teaches them how to deal with more challenging junctions and plan and make journeys effectively. Level 3 training takes place on roads, using a route risk assessed by a qualified Cycle Trainer.

What skills do I need?

Children need to be able to ride their bike without stabilisers.

How long does it take?

There are minimum hours that need to be completed at each level. However, this depends on a number of factors, such as time allocated by your school, the number of pupils participating and the number of instructors available.

What will I need?

Children will need access to a bicycle in working order and clothes appropriate for the weather.

How much will it cost?

Bikeability Scotland training and resources are free for school children where supported by the local authority.

What's next?

After completing Bikeability Scotland training, children will have the skills to continue cycling confidently and independently. For further information, visit bikeability.scot



Bikeability Scotland Instructor (BSI)

SCQF Accredited at Level 5 with 1 credit point

Bikeability Scotland Instructors deliver Bikeability Scotland Levels 1 and 2 training to children.



Who's it for?

Anyone wanting to teach Bikeability Scotland training (Levels 1 & 2).

As a Bikeability Scotland Instructor (BSI) you can plan and deliver Bikeability Scotland Level 1 and 2 training sessions to children. In some areas, you may receive mentoring and supervision from a Cycle Trainer while you gain experience.

What skills do I need?

To become a BSI, you should be able to cycle at the Level 2 National Standard and be a minimum of 16 years old or 18 where working independently.

How long does it take?

This is a 10 hour course, with 3 hours of pre-course learning followed by a 7 hour practical course usually delivered over two half days.

What will I need?

You will need a bicycle in working order and clothing appropriate for the weather.

How much will it cost?

Upon gaining authorisation from your local authority, this course is free of charge on the basis that all BSIs deliver Bikeability Scotland training to school children as a volunteer or as part of their job.

You can view upcoming courses at cyclinghub.scot and talk to your local authority if there aren't any listed nearby. For further information, visit bikeability.scot.

What's next?

Once you have gained experience delivering Bikeability Scotland Level 1 & 2 training, you may want to deliver Level 3 training. At this point you can progress onto the Cycle Trainer (CT) course.



Cycle Trainer

SCQF Accredited at Level 7
with 3 credit points

Cycle Trainers are able to deliver all three levels of the UK National Standard for Cycle Training to both adults and children.

Who's it for?

Anyone wanting to become a cycle instructor.

As a Cycle Trainer you can conduct risk assessments, plan, develop, and deliver learning sessions to anyone that wants to cycle. If delivering courses to children, it's known as Bikeability Scotland training.

What skills do I need?

You should have experience of riding on busy roads and confidently ride a bicycle to a Level 3 standard. Details of the National Standard for Cycle Training can be found at bikeability.scot

What will I need?

You will need a bicycle in working order and clothing appropriate for the weather.

How much will it cost?

This course is free for anyone intending to deliver Bikeability Scotland training to children, upon gaining authorisation from your local authority. For anyone intending to deliver cycle



training to adults, the cost is £300 per person, or £1,600 to organise a bespoke course for a group of 5-8 people.

What's next?

If delivering adult cycle training, after a short orientation, you can deliver Cycling Scotland's 'Adult Cycle Training' training. Contact training@cyclingscot.scot for more information.

Once you have gained experience delivering Bikeability Scotland training, you can become a Local Authority Mentor by completing a 1 day course. Or you can complete an additional 2 day course called 'Bikeability Scotland Instructor Trainer' (BSIT). This will enable you to deliver the Bikeability Scotland Instructor (BSI) course.

As a Cycle Trainer, it is recommended that you hold a valid first aid certificate and appropriate insurance.



Bikeability Scotland Instructor Trainer



This course supports experienced Cycle Trainers to take on the role of instructor trainers and deliver the Bikeability Scotland Instructor (BSI) course.

Who's it for?

Anyone wanting to deliver the BSI course.

This course includes familiarisation with the BSI course and materials along with valuable teaching techniques. You will take on the role of the Instructor Trainer and will be shown how to use the Cycling Scotland training hub so you can manage classes and issue certificates.

What skills do I need?

You must be a minimum of 18 years of age, hold the Cycle Trainer certificate and have experience delivering Bikeability Scotland training to children.

What will I need?

You will need a bicycle in working order and clothing appropriate for the weather.

How much will it cost?

Upon gaining authorisation from your local authority, this course is free for you to attend.

What's next?

If your local authority offers a mentoring programme, you may be able to become a mentor. Contact your local authority for more details.





Cycle Ride Leader & Assistant Cycle Ride Leader

This practical course gives you the skills to lead or assist group rides on pre-prepared routes.

Who's it for?

Anyone wishing to lead or assist on cycle rides.

As a Cycle Ride Leader, you will be able to lead rides for those who want to become more active or are interested in exploring their local area by bike.

Cycle Ride Leader - On completion of this course, you will have the knowledge and training to confidently lead a group on rides using quiet roads and cycle paths. Ride leaders have the responsibility for decision making en-route. A ride leader may need the support of a qualified cycle trainer or authorised person within their organisation to carry out risk assessments or to develop new cycling routes in their area.

The Cycle Ride Leader course can provide a useful introduction to leadership, but it is not a substitute for established off-road leadership qualifications.

Assistant Cycle Ride Leader - on completion of the course, you will have the knowledge and training to assist a Cycle Ride Leader. An Assistant Cycle Ride Leader cannot operate independently.

What skills do I need?

You should be a confident rider, have good communication skills and experience of riding on busy roads. You should be a minimum of 18 years of age to complete the Cycle Ride Leader course.

As a Cycle Ride Leader or as an Assistant Cycle Ride Leader, it is recommended that you hold a valid first aid certificate and appropriate insurance.

Candidates aged 16 and 17 can arrange by prior agreement to train as an Assistant Cycle Ride Leader.

Contact training@cyclingscot.scot for more information.

How long does it take?

One day.

What will I need?

You will need a bicycle in working order and clothing appropriate for the weather.

How much will it cost?

The course costs £75 per person, or £500 to organise a bespoke course for a group of 5-8 people.

What's next?

Both Cycle Ride Leaders and Led Ride Assistants may wish to continue developing as a leader or instructor by following one of the other recognised pathways promoted by Cycling Scotland or other organisations such as Scottish/British Cycling and Cycling UK.

Adult Cycle Training

If it's been a while since you've been in the saddle or you're more used to weekend cycles in the countryside than negotiating rush hour commuter traffic, Adult Cycle Training is for you.

Who's it for?

For anyone who wants to develop their confidence on a bike – from beginners to everyday riders.

The Adult Cycle Training course is a practical training course that can be tailored to your needs. There are three different courses:

- Absolute beginners
- Introduction to on road riding
- Advanced on road riding

Absolute beginners

This course is for anyone who has always wanted to cycle, but never had the chance, or if you haven't been on your bike for a long time. This course supports you to develop balance on two wheels before introducing pedalling.

Introduction to on road riding

This course is for anyone who enjoys cycling but lacks the confidence to cycle on the road. This course supports you to cycle on quiet roads in a range of locations and in a progressive manner.

Advanced on road riding

This course is for anyone preparing to make everyday journeys by bike. This could be commuting to work, or going to the shops for example. This course supports you to plan your route and cycle on and

off the road using a range of infrastructure.

What skills do I need?

You don't need any specific skills other than the desire to be more confident on your bike.

How long does it take?

2-3 hours.

What will I need?

You will be over 16 years of age, have access to a bike in good working order and clothing appropriate for the weather. Some training providers may be able to provide a bike for you – discuss this with them in advance to find out.

How much will it cost?

Courses cost about £20 and some providers offer free sessions. Contact training@cyclingscot.scot or your local training provider for more information.

What's next?

Once you have completed Adult Cycle Training you will have improved confidence on your bike. Complete another course to advance your personal riding skills further, or you may be inspired to become a leader or instructor.





Adult Cycle Training for Cargo Bike Users

The focus of the course is to familiarise you with the unique characteristics of riding cargo bikes.

Who's it for?

Those who ride or are thinking about riding cargo bikes.

What skills do I need?

- Be able to cycle competently and confidently
- Have recent experience of cycling in a range of traffic conditions
- A reasonable level of fitness.

How long does it take?

3 - 3½ hours.

What will I need?

You should have a road worthy cargo bike or access to one to use on the course and clothing appropriate for the weather.

How much will it cost?

Courses are often free. Contact Cycling Scotland for more information training@cyclingscot.scot

What's next?

On completing this course, you will have gained information and experience riding cargo bikes.

Further workplace orientation/familiarisation may be required on dedicated operating procedures and cycle types.

Adult Cycle Training for Families

Adult Cycle Training for Families is a practical training course for families to develop their confidence cycling together. It is designed so that families can cycle together safely as a group. All sessions are tailored to meet the needs of the family.

Who's it for?

Families wishing to develop their confidence cycling together.

What skills do I need?

You all need to ride a bike, or have the ability to carry children on a bike for example, using seats or a tag-along.

How long does it take?

2 - 2½ hours.

What will I need?

You must all have access to bikes in good working order, any equipment you intend to use for carrying children including seats or tag-alongs and clothing appropriate for the weather.

How much will it cost?

Courses are often free. Contact Cycling Scotland for more information training@cyclingscot.scot

What's next?

Once you have completed this course you will have improved confidence to cycle as a family. You may be inspired to become an instructor and support your children to complete Bikeability Scotland training in school.





Cycle Patrol

This two day course is for anyone who uses a bike as part of their current patrol duties e.g. Park Rangers, Police Officers, Scottish Ambulance Service, Community Wardens, Fire and Safety Officers.

Who's it for?

Professionals and volunteers who use their bike for patrol duties.

This is a practical course that covers the skills you need to carry out cycle patrol duties, both on the road and in traffic free areas.

What skills do I need?

You should be a confident rider and have experience of riding on busy roads. You should be a minimum of 16 years of age.

How long does it take?

Two days.

What will I need?

You will need a bike in working order, clothing appropriate for the weather and any equipment/accessories that you use as part of your patrol.

How much will it cost?

The course costs £150 per person, or £800 to organise a bespoke course for a group of 5-8 people.

What's next?

After completing this course, you may be inspired to complete the Cycle Patrol Instructor course.

Cycle Patrol Instructor

This practical two day course gives you the skills you need to deliver the Cycle Patrol course to anyone that uses a bike as part of their current patrol duties.

Who's it for?

Experienced cycle patrollers.

By completing the course, you will be able to confidently deliver the Cycle Patrol Course.

Over two days of training, you will learn:

- How to carry out roadside repairs
- Teaching techniques
- How to risk assess training locations
- How to deliver the Cycle Patrol course

What skills do I need?

You must be over the age of 18, and have completed the Cycle Patrol course. You will be an experienced cycle patroller, a confident and competent rider with experience of cycling on busy roads and in traffic free areas.

How long does it take?

Two days.

What will I need?

You will need a bike in working order, clothing appropriate for the weather and any equipment/accessories that you use as part of your patrol.

How much will it cost?

The course costs £150 per person, or £800 to organise a bespoke course for a group of 5-8 people.

What's next?

Once you have completed the training you will be able to train others to become Cycle Patrollers. You may wish to continue developing as a leader by following one of the other recognised pathways promoted by Cycling Scotland or other organisations such as such as Scottish/British Cycling.

Practical Cycle Awareness Training (PCAT)

Cycling Scotland's Practical Cycle Awareness Training (PCAT) courses promote increased hazard perception and awareness of vulnerable road users.

Who's it for?

These courses are for drivers. They have been shown to positively impact on attitudes towards other road users.

Cycling Scotland offers PCAT training to three target groups:

- LGV and PCV drivers, completing CPC requirements (JAUPT Accredited)
- Fleet drivers who use a vehicle for business
- Learner drivers preparing for theory and practical tests



PCAT for LGV and PCV Drivers

This is a JAUPT Accredited CPC course for professional drivers who hold an LGV and PCV licence, recognised by FORS.

The aims of the course are to:

- Make drivers aware of the risks that people on bikes experience on the road.
- To understand riders behaviour and anticipate what they might do.

Who is it for?

Professional Drivers who hold an LGV and PCV licence.

What skills do i need?

Candidates must be aged 18 or over and be a professional driver holding an LGV or PCV licence. No prior cycling experience is required.

How long does it take?

This is a 1 day course. It is made up of 2 modules: a 3.5 hour practical module and a 3.5 hour theory module. This course counts for 7 hours of Driver CPC and is in line with the requirements to achieve FORS Silver Level.

What will I need?

You will need to bring along your current photographic driving licence and clothing appropriate for the weather. Bikes and helmets will be provided.

How much will it cost?

Contact training@cyclingscot.scot or call 0141 229 5350.



PCAT for Fleet Drivers

This course is specifically designed to support people that drive for business. It aims to provide candidates with a greater understanding of other road users. The training promotes increased hazard perception and awareness of vulnerable road users; including those on bikes.

Who is it for?

Those who drive for business purposes.

What skills do I need?

Candidates must be aged 18 or over and hold a current driving licence. No prior cycling experience is required.

How long does it take?

3.5 hours.

Candidates spend approximately 1 hour covering theory in the classroom and the remaining time is spent outside on the bike with the guidance of an expert instructor.

What will I need?

Clothing appropriate for the weather. Bicycles and helmets will be provided.

How much will it cost?

Contact training@cyclingscot.scot or call 0141 229 5350.

PCAT for Learner Drivers

This course is specifically designed to support learner drivers to be safer on the roads. The training provides the opportunity to step into the shoes of other road users, including those on bikes. It aims to provide candidates with a greater understanding of sharing the roads with vulnerable road users.

Who is it for?

Learner drivers or those planning on learning to drive.

What skills do I need?

Candidates should be aged 16 or over and be able to ride a bike. They should be preparing to apply for a provisional driving licence or hold one already.

How long does it take?

3.5 hours.

Training can be delivered in schools. Candidates spend approximately 1 hour covering theory in the classroom and the remaining time is spent outside on the bike with the guidance of an expert instructor.

What will I need?

You will need to bring along clothing appropriate for the weather. Bicycles and helmets will be provided.

How much will it cost?

Contact training@cyclingscot.scot or call 0141 229 5350.



Cycling Scotland



Visit our new e-learning tool

skills.cycling.scot



Refresh your cycling knowledge



Questions with interactive scenarios.



Top tips to build confidence and get you back on your bike.

If it's been a while since you've been in the saddle or you're more used to weekend cycles in the countryside than negotiating rush hour commuter traffic, Cycling Scotland's new website will come in handy.

Cycling Scotland

Cycling Scotland
160 West George Street
Glasgow
G2 2HG
cycling.scot



Cycling Scotland is a Scottish Charity, SC029760, regulated by the Scottish Charity Regulator (OSCR)

