



## B3 Cycling Road Skills Courses

Skills	Level 1 Bikeability	Level 2 Bikeability	Level 3 Bikeability	Night Skills
<p>Held off road the course covers:</p> <ul style="list-style-type: none"> <li>▪ Carry out a simple bike check</li> <li>▪ Manoeuvre to avoid objects</li> <li>▪ Bike skill games</li> </ul>	<p>Held off road the course covers:</p> <ul style="list-style-type: none"> <li>▪ Carry out a simple bike check</li> <li>▪ Getting on and off the bike</li> <li>▪ Starting off and pedalling</li> <li>▪ Stopping safely</li> <li>▪ Riding w ithout w obbling</li> <li>▪ Steering safely</li> <li>▪ Using gears correctly</li> <li>▪ Stop quickly w ith control</li> <li>▪ Manoeuvre to avoid objects</li> <li>▪ Look all around safely</li> <li>▪ Signal left and right safely</li> </ul>	<p>Held on road the course covers:</p> <ul style="list-style-type: none"> <li>▪ Off Road Session to cover level 1</li> <li>▪ Starting and finishing a road journey</li> <li>▪ Aw areness of surroundings as you ride</li> <li>▪ Understand how and w hen to signal</li> <li>▪ Understand w here to ride on the road</li> <li>▪ Pass parked or slow er vehicles</li> <li>▪ Pass side roads</li> <li>▪ Turning right into and out of junctions</li> <li>▪ Turning left into and out of junctions</li> <li>▪ Recognise w here cycle lanes are and how to use them</li> <li>▪ Safely undertake U-Turns</li> <li>▪ Negotiating mini roundabouts</li> </ul>	<p>Held on road the course covers:</p> <ul style="list-style-type: none"> <li>▪ Assessment to ensure Level 2 standard has been achieved</li> <li>▪ Looking at routes to school/ w ork</li> <li>▪ Tackling route problems</li> <li>▪ Hazard Perception</li> <li>▪ Dealing w ith local traffic situations</li> <li>▪ Traffic lights</li> </ul> <p style="text-align: center;">Trainee's must have achieved Bikeability Level 2 to attend this course</p>	<p>Held on road the course covers:</p> <ul style="list-style-type: none"> <li>• Level 2 Refresher</li> <li>• How to ride in the dark</li> <li>• What to w ear</li> <li>• Hazard Perception</li> </ul> <p style="text-align: center;">Trainee's must have achieved at least Bikeability Level 2 aw ard</p> <p style="text-align: center;">Course run after school or during w eekends after dark</p>
Approx Course Length: 2 Hrs	4 Hrs	Betw een 6 – 12 Hrs, depending on numbers	3 Hrs	1 - 2 hrs depending on numbers
Minimum School Year: 1	4	5	6	5
No's On Course (Min/Max): 6 – 15	6 – 15	6 – 12	2	3 - 6 Max
Price Per Trainee: £5	£15	£40	£35	£10

Courses can be tailored or designed to your needs, and run w ith less trainees - To arrange a course or for more information please contact us. We also offer courses to encourage adults to cycle

A leisurely hour cycle ride using local cycle paths and roads is available for Year 5 upw ards after completing Level 2 Bikeability, £4 per person, 6 – 8 per ride

Individual lessons are £15 per hour, a small mileage charge may apply, please contact us for a quote on larger numbers or corporate bookings

Bikeability course price includes certificates and badges. Funding may be available, please contact us for more information

B3 Cycling is fully accredited to Bikeability, all instructors are qualified to National Standards, CRB Enhanced checked and fully insured

Steven Rowsell

<http://www.b3cycling.co.uk>

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Prices correct as of 23/03/2011, please check the website for up to date pricing