



## B3 Cycling Road Skills Courses

Basic Skills / Taster	Road Skills	Advanced Road / Commuting	Night Skills	Confidence Building
<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 without wobbling</li> <li>▪ Steering safely</li> <li>▪ Using gears correctly</li> <li>▪ Stop quickly with 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 ensure standards</li> <li>▪ Starting and finishing a road journey</li> <li>▪ Awareness of surroundings</li> <li>▪ Understand how and when to signal</li> <li>▪ Understand where to ride on the road</li> <li>▪ Pass parked or slower 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 where 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 Road Skills standard has been achieved</li> <li>▪ Looking at routes to work</li> <li>▪ Tackling route problems</li> <li>▪ Hazard Perception</li> <li>▪ Dealing with local traffic situations</li> <li>▪ Traffic lights</li> </ul>	<p>Held on road the course covers:</p> <ul style="list-style-type: none"> <li>• How to ride in the dark</li> <li>• What to wear</li> <li>• Hazard Perception</li> </ul>	<p>Held on cycle tracks and minor roads:</p> <ul style="list-style-type: none"> <li>• Starting and finishing a road journey</li> <li>• Awareness of surroundings</li> <li>• Understand how and when to signal</li> <li>• Understand where to ride on the road</li> </ul> <p style="text-align: center;">This involves an escorted ride</p>
		Trainee's must have achieved the Road Skills to attend this course	Trainee's must have achieved the Road Skills to attend this course	
Equivalent to Bikeability Level 1	Equivalent to Bikeability Level 2	Equivalent to Bikeability Level 3		
Approx Course Length: 1 Hrs	Between 2 - 4 Hrs	2 – 4 hrs	1 – 1:30hrs	1hr
No's On Course (Min/Max): 3 – 15	4 – 12	1 – 2	3 – 6	3 - 6
Price Per Trainee: £15	£40	£35	£10	£5
<p>Courses can be tailored or designed to your needs, and run with less trainees - To arrange a course or for more information please contact us</p> <p>Individual lessons are £15 per hour, a small mileage charge may apply, please contact us for a quote on larger numbers or corporate bookings</p> <p>Prices for courses equivalent to Bikeability include certificates and badges</p>				

Steven Rowsell

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

07708 486556

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