

Free Bikeability Level 3 Cycle Training



Cambridgeshire
County Council



Department
for Transport



The
Bikeability
Trust

School Information Pack 2019 - 20



Cycle Training in Cambridgeshire

Pupils at your school are eligible for FREE Bikeability cycle training funded via Cambridgeshire County Council. Outspoken Training, a local cycle training provider, has been chosen to deliver the training in your school.

The Bikeability award scheme is the National Standard for cycling. The course is designed to equip cyclists with the knowledge, skill, and on-road experience to make a journey safely and confidently by bike on local roads. The main aim is to encourage more cycling.

The training is for children and adults alike, but our **Level 3 course** for schools is specifically designed for children in **Year 6, 7, 8 and 9** who want to start to make on-road trips by bike.

The Level 3 course is for pupils who can ride a bike and wish to make on-road trips by bicycle. It is not aimed at children who have no experience of cycling and participating pupils must have already achieved Bikeability Level 2 to take part in this course.

Benefits of Bikeability

Bikeability is all about encouraging more cycling in your area by giving trainees the skills they need to feel confident about cycling. We use qualified, professional, DBS checked, National Standard instructors who have a passion for cycling. They pass on their enthusiasm and ensure that all trainees have a really enjoyable session, full of learning new skills and building confidence.

What teachers say:

"Feedback from both pupils and parents has been positive. The most positive feedback was the 10+ additional bikes in the bike rack the day after the course finished - these children had still cycled to school."

What pupils say:

"Bikeability was really fun and taught me lots of important skills like road positioning, signalling and looking behind. I am going to cycle to school more now!"

What parents say:

"I just wanted to say a huge thank you for the training you did with Martha last week- she had a fantastic time. She is so much more confident on the roads and is very keen to cycle everywhere!"

About Bikeability



Level 1 equips participants with the skills to ride their bike with excellent control. Pupils will experience 2 hours of Level 1 training on the playground. If Level 1 is attained, this is followed by up to 6 hours of Level 2 training on local roads.

Level 1 Outcomes:

- Demonstrate understanding of safety equipment and clothing
- Carry out a simple bike check
- Get on and off the bike without help
- Start off and pedal without help
- Stop without help
- Ride along without help for roughly one minute or more
- Make the bike go where you want
- Use gears (when present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without loss of control
- Control the bike with one hand
- Share space with pedestrians and other cyclists (optional)



Level 2 aims to give trainees the confidence to use their cycles on residential roads by developing cycling skills, creating positive attitudes towards road users and by increasing knowledge and understanding of the road and traffic. This level is taught entirely on the road.

Level 2 Outcomes:

- All level 1 manoeuvres (basic bike skills)
- Start a road journey
- Finish a road journey
- Be aware of potential hazards
- Understand how and when to signal their intentions to other road users
- Understand where to ride on the roads
- Pass parked or slower moving vehicles
- Pass side roads
- Turn left into a minor road
- Turn left into a major road
- Make a U-turn
- Turn right into a major road
- Turn right into a minor road
- Demonstrate decision making and understanding of safe riding strategy
- Demonstrate a basic understanding of the Highway Code

The following outcomes are optional:

- Decide where cycling infrastructure can help a journey and demonstrate correctly
- Go straight on from minor road to minor road at a crossroads
- Use mini-roundabouts and single lane roundabouts



Level 3 Bikeability aims to develop competent cycling skills on busier, more complex roads. The course emphasises the importance of a positive attitudes towards sharing the road with other traffic. Building an understanding of how to interact effectively with other road users in various situations is essential. Trainees will be encouraged to make informed independent decisions under the guidance of the instructor.

Compulsory outcomes

- Completed all Level 1 and 2 outcomes
- Prepare for a journey
- Understand advance road positioning
- Pass queuing traffic
- Hazard perception and strategies to deal with hazards
- Understand driver blind spots, particularly for large vehicles
- Reacting to hazardous road surfaces

Non-compulsory outcomes (taught depending on local road environment)

- How to use roundabouts
- How to use junctions controlled by traffic lights
- How to use multi-lane roads
- How to use both on and off-road cycling infrastructure
- Dealing with vehicles that pull in and stop in front of you
- Sharing the road with other cyclists
- Cycling on roads with a speed limit above 30 mph
- Cycling in bus lanes
- Cycling in pairs or groups
- Locking a bike securely

Benefits of Bikeability

The National Standard - whether in Cambridge, Cardiff or Carlisle, trainees will learn the same skills through Bikeability training. Starting with a baseline assessment, trainees develop their skills against set outcomes.

Qualified, professional instructors - Bikeability instructors undergo a lengthy qualification process of theoretical and practical assessment. They also deliver training on a weekly basis to both children and adults.

Teaching methodology - Bikeability is taught using outcome-based learning, which is trainee focused and flexible in delivery. Trainees are empowered to make independent decisions building competence and confidence.

Positive - Training emphasises the benefits of effective and assertive cycling for all road users, encouraging cycling as a normal activity.

Quality assurance - through a well-defined syllabus, accredited instructor training courses, continuing professional development courses and quality control by DfT.

See <http://www.dft.gov.uk/bikeability/>

All participating children receive a badge and certificate representing the highest level completed. Schools will be provided with post course letters to send home following training.

Course Requirements

All participating pupils must have already achieved Level 2. The majority will have already achieved this in their primary schools. Funding is also available to deliver a combined Level 1 and 2 course over 4 days for pupils in year 7. Please enquire for more information

Every participating child will need:

- **A signed Outspoken parental consent form** - school will need to print off the Outspoken consent forms and distribute them to parents to complete a return. Please store the consent forms in school for our instructors to pick up on the first day.
- **A roadworthy bike** - Trainees will need to use their own, roadworthy bike. School will need to send home the enclosed bike check form to help parents prepare their children's bikes ahead of the training. Any bikes with faults will not be able to continue on the course until fix.
- **Suitable clothing** - Training will only be cancelled in extreme weather e.g. snow, ice, fog, etc. Waterproof jackets, warm clothing and gloves are necessary in cold or wet weather; water bottles and sunscreen in warm weather.
- **Helmet** - For trainees using a helmet, it must comply with the BS EN 1078:1997 safety standard and be in good condition. The helmet will be checked by an instructor at the start of the course. Parents/Guardian must provide helmets for their child as Outspoken are unable to provide these.

Outspoken Training will provide trainees with **high visibility jackets** to be worn during the on-road training.

Timetabling Bikeability

The course is usually delivered in a one off, **3-hour session**. We try to be flexible, and to organise according to your requirements and can deliver the training either during the school day or during school holidays. From experience, we have found that holiday courses are the most effective at promoting and increasing cycling levels to school.

A member of the school staff will need to be present within school whilst training is taking place for general liaison, in case of emergency and to hand the pupils over to at the end of each training session.

Format:

The session will include:

- Recap of Level 1 & 2
- Level 3

Bikeability Ratios:

The Department for Transport provide Bikeability schemes with strict ratios and timings for us to follow. These include the following ratios:

Level 3: 1 instructor to a maximum of 3 pupils

The minimum number of children we can train at a school is six. There is no maximum number.

About Outspoken

Outspoken has been operating since 2005 and our services are driven by a commitment to improving community health and well-being.

- We help children, adults and families to cycle more often and more safely through cycle training and cycle maintenance training.
- We help local authorities and schools to reduce traffic congestion and improve learning by increasing school travel by bicycle.
- We help businesses to reduce their carbon footprint by choosing emission-free courier services and strengthen the well-being of their workforce by encouraging cycle commuting.

Outspoken Training is recognised by the Department for Transport as one of only 19 Instructor Training Organisations (ITOs) and as an accredited provider of Bikeability cycle training. In order to maintain our status, we must adhere to the National Standard for cycling in all aspects of our business, from recruitment and mentoring to child protection and management structures.

- Accredited provider. We operate Bikeability delivery schemes for local authorities and Schools Sports Partnerships.
- Instructor training. We provide training and continuing professional development for National Standard Instructors and ongoing consultancy support and advice to other Bikeability scheme operators.
- Safeguarding. We have undertaken the required employment checks for all staff who visit schools and colleges to deliver cycle training. This includes all appropriate employment checks and an enhanced Disclosure and Barring Service (DBS) check. Our instructors carry photo identification to confirm to schools and other providers that they are subject to the safeguarding process as outlined above. Also our instructors hold a First Aid certificate.
- Experience. We have a wealth of experience delivering cycle training in schools across Bedford, Cambridgeshire, Northamptonshire, Peterborough and Suffolk; counties where Bikeability take-up rates are some of the highest in the country.

Contact Details



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Other Cycling Services



For us, Bikeability training is just the beginning. We want to see more people, more active and having fun on their bikes. As a result, we have created a range of cycling activities tailored for school's funding to help make space for cycling in the curriculum and everyday life.

- **Cycle Talks** - We can offer one-hour urban cycle talks aimed at promoting safe, effective cycling and positive relationships with other road users.
- **Dr Bike** - We can send one of our qualified bike mechanics to your school to check over students and staff bikes.
- **Bike Maintenance Training** - A series of lessons to improve trainee's knowledge of their bikes whilst giving them the confidence to make adjustments and maintain their bikes.
- **Cycling Events** - Anything from Try Out Shows, pedal powered cinemas, smoothie bikes and much more. Visit www.outspokencycles.co.uk/event-activities for more information.

For more information on our cycling services, prices and details of how to book please email: team@outspokentraining.co.uk