

# Level 1



**If your child has passed at Level 1 then this is a great start, Instructors feel that they need more practice before being allowed to cycle without supervision on the road.**

Level 1 generally takes place off-road and is where pupils learn to control their bike. By completing Level 1, pupils show they have the skills to ride where there are no cars and that they are ready to start road training.



- Carry out a simple bike check
- Get on and off the bike without help
- Start off and pedal without help
- Stop without help
- Make the bike go where they want
- Ride along without help for roughly one minute or more
- Use their gears correctly
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without wobbling
- Signal right and left



# Level 2



**If your child has been awarded a Level 2 certificate then Instructors are confident they have demonstrated the ability to perform all the required outcomes safely.**

Level 2 is where you start to ride with real traffic, but sticking to quiet roads. By completing pupils show they have the skills to make a trip safely on quiet roads and cycle lanes, perhaps to school.



- Demonstrate an understanding of safety equipment and clothing
- All level one outcomes
- Start an on road journey
- Finish an on road journey
- Understand where to ride on roads being used
- Be aware of everything around them, including behind as they ride
- Make a U-turn
- Pass parked or slower moving vehicles
- Pass side roads
- Turn left into a minor road
- Turn left onto a major road
- Understand how and when to signal intentions to other road users
- Turn right from a minor to a major road
- Turn right from a major to a minor road
- Explain decisions made while riding, thereby demonstrating an understanding of safe riding strategy
- Demonstrate a basic understanding of the Highway Code, particularly how to interpret road signs