

Who is this course aimed at?

This is a practical course suitable for anyone looking for a basic introduction to the most important aspects of travelling, commuting, or touring by bike.

What will I need?

No formal qualifications required to join.

Programme Aims

This course is designed to highlight the skills and knowledge required when using a bike for transport whether it be the commute to work, or a tour of a country. From preparing to ride, to rider skills through to bike maintenance all angles are covered.

What will I do?

By the end of the course, you will be able to do the following:

- Identify the key considerations when using a bike as a form of transport
- List the main equipment for supporting the use of a bike
- Perform basic maintenance, riding skills, and navigation by bike
- Carry out rides in a variety of environments from quiet roads, cycle ways to negotiating busier traffic
- Plan for a longer trip and touring by bike
- Understand key health and safety concepts relating to bike use

How will I be taught?

Group lessons consisting of presentations, group discussions, role plays, practical work and individual activities. Some 1-2-1 support will also be available.

How will I be assessed?

Ongoing self, peer and tutor assessment of class work and homework.

What could I progress on to?

- Further rider training on the national standards courses levels 1 to 3
- Training in cycle first aid

What equipment should I bring?

A pen, notebook and comfortable clothing suitable for some outdoor-based activity, a bike and safety clothing (for occasional sessions).

Will I gain a qualification?

There will be an optional National Standards Cycling qualification offered through the Department for Transport. This will not, however, provide evidence of competency against any legal requirements.