

Outspoken Training  
The Bike Depot  
140 Cowley Road  
Cambridge  
Cambridgeshire  
CB4 0DL



**Outspoken!**  
Training

Friday, 27 November 2020

Dear Parent/Guardian,

### **BIKEABILITY LEVEL 2 CYCLE TRAINING COURSE**

Thank you for helping your child to participate in cycle training.

Bikeability Level 2 took place in traffic on residential roads around school to help give your child the skills and confidence to begin making short journeys by bicycle e.g. to school or the shops. We hope your child enjoyed the course and has been enthused to make more journeys by bicycle.

Your child has made excellent progress during the course. A summary of their achievements can be found on the back of their certificate. We kindly ask you to review the certificate and continue to support your child with their cycling:

- For children requiring more practice or who missed elements of the training, we recommend they cycle together with an adult. We run holiday courses and one-to-one training to help children refine and develop their skills further.
- For children assessed as able to ride independently or with assistance, Bikeability Level 3 is the next step. This course covers route planning and cycling through more complex junctions and traffic scenarios. Please speak to your school to see if they can host this course or alternatively, please book your child onto one of our one-to-one sessions.

A list of resources including advice on family cycling and building cycling into your everyday lives can be found on our website:

[www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)

Thank you again for helping your child to take part in Bikeability training. We hope your child and family enjoy a lifetime of happy cycling.

Yours faithfully,

*Kieron McNab*

Kieron McNab  
Outspoken Training LLP

Bikeability Level 1 Activities		Bikeability Level 2 Activities	
1.	Prepare myself for a journey	1.	Identify and respond to hazards
2.	Check the cycle is ready for a journey	2.	Start and stop on-road journeys
3.	Set off, slow down and stop	3.	Maintain a suitable road position
4.	Pedal my bike whilst completing tasks	4.	Comply with signals, signs and road markings
		5.	Communicate with other road-users
		6.	Negotiate T junctions

Assessment Criteria - see your child's certificate	
<b>Independently</b>	The rider demonstrated the assessment criteria competently, consistently, and confidently without assistance or prompts
<b>With more practice</b>	The rider would benefit from more practice to demonstrate the assessment criteria independently
<b>With some assistance</b>	The rider demonstrated the assessment criteria with assistance
<b>Not yet attempted</b>	The rider has not yet taken part in the training activity.



## WHATEVER YOUR STYLE...

Boost your confidence with  
life-changing adult  
cycle skills sessions

2 hour sessions available for new cyclists,  
rusty riders, residential riders and  
advanced commuters

[www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)  
[team@outspokentraining.co.uk](mailto:team@outspokentraining.co.uk)  
01223 473820