

# Cycling Skills: Self Assessment Form

## Introduction

This form is based on the National Standard for Cycle Training. The aim of completing the form is to allow you to make an individual assessment of your current level of cycling skills, and to help you identify any areas (if any) in which you would like to receive cycle training.

Competency with all skills at levels one and two will be essential for journeys on quiet roads. Level three skills may be needed for some busier roads. It is advisable to consider whether the routes you are likely to use when cycling suit your level of ability and confidence.

## Self Assessment

### Level One

*Level One skills enable cyclists to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip.*

Level one skills	Yes	Not sure / would like more practise
1. I can carry out a simple bike check <sup>1</sup>		
2. I can get on and off the bike without help		
3. I can start off and pedal without help		
4. I can stop without help		
5. I can ride along without help for roughly one minute or more		

<sup>1</sup> Information on the bicycle 'M check' is available from your pool bike scheme administrator, and it may be possible to arrange basic maintenance training on request. **Note to scheme administrator - the 'M check' form is available at [www.activetravelcymru.org.uk/toolkit](http://www.activetravelcymru.org.uk/toolkit) and information on basic bike maintenance courses for staff is available at [www.cycletrainingwales.org.uk](http://www.cycletrainingwales.org.uk).**

6. I can make the bike go where I want		
7. I can use my gears correctly (where cycle has gears)		
8. I can stop quickly with control		
9. I can manoeuvre safely to avoid objects		
10. I can look all around, including behind, without loss of control		
11. I can signal right and left without loss of control		

## Level Two

*Level Two skills enable cyclists to safely make trips on quiet roads.*

Level two skills	Yes	Not sure / would like more practise
1. I can demonstrate all level one outcomes		
2. I can start and finish an on road journey (looking behind to check for traffic)		
3. I am aware of everything around, including behind, while riding		
4. I understand how and when to signal my intentions to other road users		
5. I understand where to ride on the roads I am using		

6. I can pass parked or slower moving vehicles		
7. I can pass side roads		
8. I can turn left into a minor road		
9. I can turn left into a major road		
10. I can turn right from a minor to a major road		
11. I can turn right from a major to minor road		
12. I can explain the decisions I make when I ride (thereby demonstrating my understanding of safe riding strategy)		
13. I can demonstrate a basic understanding of the Highway Code, particularly how to interpret road signs <sup>2</sup>		

### Level Three

*Level Three skills enable cyclists to safely make a trip on busy roads and using complex junctions and road features.*

Level three skills	Yes	Not sure / would like more practise
1. I can demonstrate all level one and level two outcomes		
2. I can use roundabouts		

<sup>2</sup> Information on the highway code is available at <http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm>

3. I can use junctions controlled by traffic lights		
4. I can use multi-lane roads and turn off and into them		
5. I understand filtering and can decide when to filter and when to wait		
6. I can use both on and off-road cycle facilities		
7. I am able to take action to deal with hazards		
8. I have an understanding of route planning		

## Next Steps

If feel you could benefit from a one-to-one cycle lesson to cover all or some of the skills listed above, contact your scheme administrator, who can put you in touch with an instructor.

Administrator contact details \_\_\_\_\_

For further information on good practice for cycling on the road, in particular for safe positioning for cyclists on the highway, you may like to refer to the book *Cyclecraft*, by John Franklin (**Note to scheme administrator - a reference copy of this book could be made available to pool bike scheme users**).

## Contact Details

If you would like to discuss the information provided here, or any other element of setting up an active travel or pool bike scheme, you can contact:

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The Active Travel Workplace Toolkit has been developed in partnership with the Sports Council for Wales.



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