

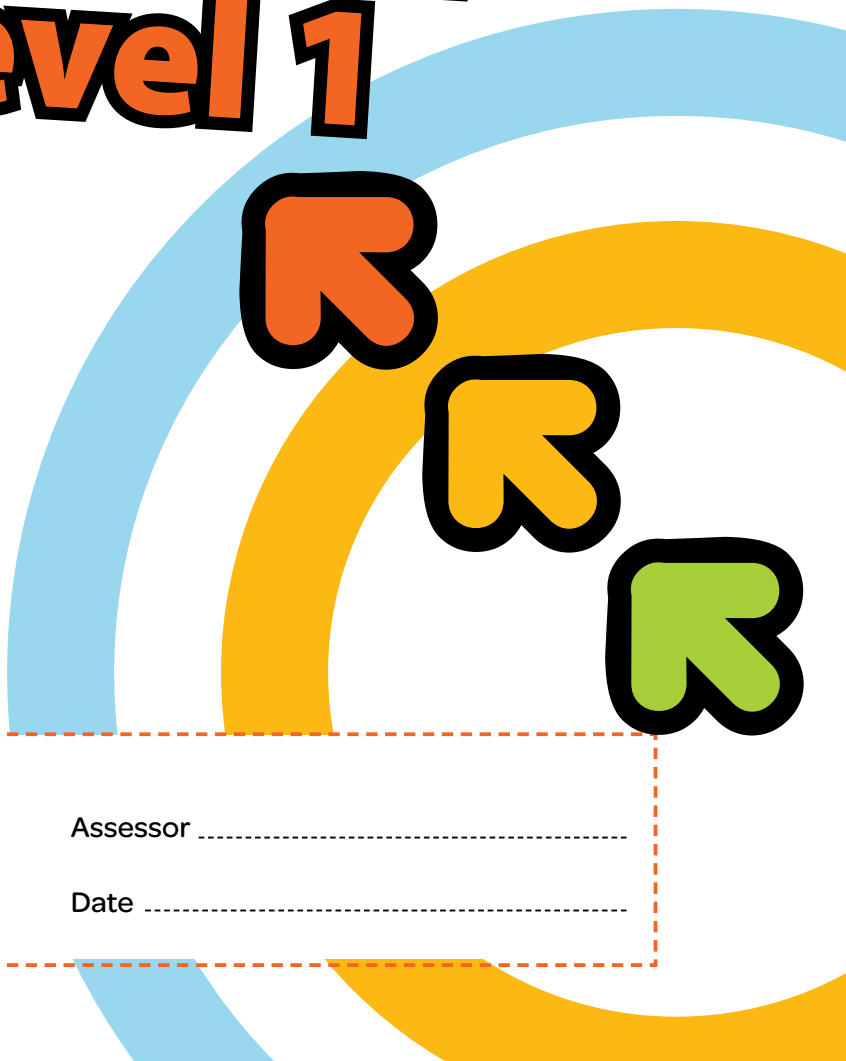


This is to certify that

[Dotted-line box for name]

has completed

Bikeability Scotland Level 1

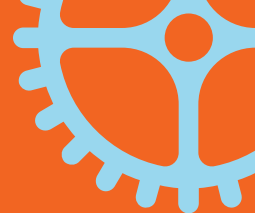


Ian Aitken

Ian Aitken
Chief Executive Cycling Scotland

Assessor

Date



Dear Parent/Carer,


Your child has completed Level 1 of the Bikeability Scotland programme. This covers basic cycling skills and is taught in the playground or in other traffic-free environments.

Those completing Level 1 should be able to demonstrate the skills and understanding to be able to undertake activities in a traffic-free environment. It is important that both you and your child understand that the instruction took place under close supervision in a playground, so this certificate should not be taken as a licence to ride on the road.

Learning safe road behaviour is an ongoing process, so it is important that your child is encouraged to continue using the safe cycling skills learned during the training. Please see the table below and note any areas in which your child needs to focus on. With your support, your child should be able to continue improving their riding skills. The Cyclist's Guide has more information on the colour coding used within the table below.

Your local Cycle Trainer may also be able to provide you with further information on cycle safety and improving cycling abilities. Thank you.

Cycling Scotland

Learning Outcome				Comments
Carry out a simple bike check				
Get on and off 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 they want				
Use their gears correctly, (where the bike has gears)				
Stop quickly with control				
Manoeuvre safely to avoid objects				
Look all around, including behind, without wobbling				
Signal right and left without wobbling				

