

Coronavirus: In response to Covid-19, Bikeability training has been adapted to ensure children are kept safe, whilst they learn this essential life skill. The guidance notes for all Bikeability trainers has been reviewed and approved by the Department for Transport and the Department for Education, as well as Public Health England



What is Bikeability?

Bikeability is England's premier cycle training programme. It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

Bikeability courses are available throughout the year in most local authorities in England. Children and adults can be trained individually or in groups, through school, clubs or private tuition.

- Local authorities receive funding via the Department for Transport to deliver Bikeability training in their area. Bikeability training at school is usually provided free of charge. However costs for the training can vary between £5 - £20 per head.
- Bikeability training is delivered by professional, qualified instructors and is organised by a local Bikeability provider.
- Bikeability Level 1 aims to develop cycle handling in an off-road environment and prepare riders for cycling on the road (Years 3 & 4).
- Bikeability Level 2 will develop riders' skills and confidence for cycling on quieter roads (Years 5 & 6).
- Bikeability Level 3 equips riders to ride in more challenging roads and traffic situations (Year 7 & upwards).

Bikeability is delivered in three stages:



Click on the circles above to find out more about each Level.