



Bikeability Instructor Course

APPLY NOW ↘

Eligibility

To attend the course you must:

- be at least 18 years of age
- be a regular on-road cyclist, who is confident riding in traffic at a standard that meets Bikeability Level 3 environment and who can pass that confidence on to others. This is a very practical course that involves considerable time cycling
- have a helmet, suitable clothing, a roadworthy bike and bike lock for each day of the course

Any experience of teaching or coaching young people and adults is beneficial and encouraged, not essential.



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What you will learn

The instructor course prepares you to deliver Bikeability Level 1 to 3 courses to either adults or young people. By the end of the course, you will have improved your own riding skills and learnt how to:

- teach groups and individuals
- provide a safe training area
- assess when your trainees have achieved their outcomes

On successful completion of the four-day course, you will be awarded Provisional National Standard Instructor status by the Department for Transport (DfT).

You will then have up to 6 months to book your Post Course Assessment where one of our course tutors will come out and assess you delivering within an existing Bikeability scheme.

On successful completion of the PCA you will be a fully qualified National Standard Instructor.



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What the course includes

The course includes:

- introduction to the National Standard
- theory of Level 1, 2 and 3 Bikeability
- planning Bikeability sessions
- delivery methods for Level 1, 2 and 3 Bikeability
- conducting a bike, helmet and clothing check
- evaluating Bikeability sessions
- providing feedback and motivation
- managing groups effectively
- moving trainees in groups
- conducting effective risk assessment
- safeguarding children and vulnerable adults
- signposting trainees to further cycling opportunities
- one-to-one feedback from an experienced tutor