



An Roinn Iompair
Department of Transport



GUIDE TO ASSESSING CYCLING SKILL LEVEL at STAGES

2 and 3 of CYCLE RIGHT and TARGET OUTCOMES

After an adult individual or group has taken part in CYCLE RIGHT Stage Two and/or Stage 3, what knowledge outcomes should be expected?

Participants should show some or all of the following knowledge outcomes, increasing in complexity through the list.

OUTCOME	Comp?	Comments/Notes/Feedback
Safety Checks as illustrated in CYCLE RIGHT Stage One, Session One (<i>Helmet, Clothes, Bike, Conditions</i>)		
All-round Awareness – off as well as on road – CYCLE RIGHT Stage One, Session One		
Control of speed – for particular environments– CYCLE RIGHT Stage One, Session One		
Safe stopping distance – what is it and why does it vary? – CYCLE RIGHT Stage One, Session Three		
Starting – steady and straight – CYCLE RIGHT Stage One, Session Three		
Stopping – straight and controlled, appropriate speed – CYCLE RIGHT Stage One, Session Three		
Emergency Stop – unexpected but controlled fast stop – CYCLE RIGHT Stage One, Session Three		
Predictability and visibility of a cyclist on the road – CYCLE RIGHT Stage One, Session Three		
Left Hand Turn including cornering technique – CYCLE RIGHT Stage One, Session Four		
Walking Right Hand Turn – when appropriate? – CYCLE RIGHT Stage One, Session Four		
Cycling Right Hand Turn – when appropriate? – CYCLE RIGHT Stage One, Session Four		
Gears and how to use them – CYCLE RIGHT Stage One, Session Five		
Cycling in a Group – keeping control around others and communication – CYCLE RIGHT Stage One, Session Five		
Right of Way – what is it, how does it work? – CYCLE RIGHT Stage One, Session Six		
Cycling on the road – which side and does it vary? – CYCLE RIGHT Stage One, Session Six		
Knowledge of road signs and road markings – CYCLE RIGHT Stage One, Session Two		
Cycling infrastructure – different types and how to use them – CYCLE RIGHT Stage One, Session Two		
Knowledge of different forms of crossings – CYCLE RIGHT Stage One, Session Two		
Traffic lights and how to treat them – CYCLE RIGHT Stage One, Session Two		
On-Road Positioning – distance from the kerb/edge – CYCLE RIGHT Stage One, Session Two		

On-Road Positioning – other traffic– CYCLE RIGHT Stage One, Session Two		
Junctions – types and how to cycle them– CYCLE RIGHT Stage One, Session Two		
Importance of obeying signs and rules of the road– CYCLE RIGHT Stage One, Session Two		
Overtaking parked cars – CYCLE RIGHT Stage One, Session Two		
Bike security and preventing bike theft– CYCLE RIGHT Stage One, Session Two		
Large vehicles and how to approach them– CYCLE RIGHT Stage One, Session Two		
Vehicle blind zones and how they affect cyclists– CYCLE RIGHT Stage One, Session Two		
Basic roundabouts and how to approach them– CYCLE RIGHT Stage One, Session Two		
Responsibility for own safety as a cyclist– CYCLE RIGHT Stage One, Session Two		
Right-hand turns when vehicles on other side are also turning right – CYCLE RIGHT Stage 2 for Adults		
Positioning for light-controlled junctions and filter lights – CYCLE RIGHT Stage 2 for Adults		
Passing slow-moving or stopped traffic – CYCLE RIGHT Stage 2 for Adults		
Positioning for multi-laned roads – CYCLE RIGHT Stage 2 for Adults		
Positioning for complex, multi-laned roundabouts – CYCLE RIGHT Stage 2 for Adults		
Walking complex, multi-laned roundabouts – CYCLE RIGHT Stage 2 for Adults		
Carrying baggage on a bike – CYCLE RIGHT Stage 2 for Adults		
Preventing bike theft – CYCLE RIGHT Stage 2 for Adults		
Cycling with other cyclists in traffic – CYCLE RIGHT Stage 2 for Adults		
Multi-lane turns – CYCLE RIGHT Stage Three for Adults		
Bus lanes – CYCLE RIGHT Stage Three for Adults		
Rural cycling – CYCLE RIGHT Stage Three for Adults		
Cycling in large groups – CYCLE RIGHT Stage Three for Adults		
Cycling at night – CYCLE RIGHT Stage Three for Adults		
Route planning – CYCLE RIGHT Stage Three for Adults		
Carrying young children on a bike – CYCLE RIGHT Stage Three for Adults		
Cycling with children on the road – CYCLE RIGHT Stage Three for Adults		
Basic maintenance for the bike – CYCLE RIGHT Stage Three for Adults		
Negotiating slip roads off major roads – CYCLE RIGHT Guide Resource for Adults		
Cycling two abreast and singling out– CYCLE RIGHT Guide Resource for Adults		
Undertaking (overtaking on the left) – CYCLE RIGHT Guide Resource for Adults		
Hard shoulder usage – CYCLE RIGHT Resource for Adults		
Primary and Secondary positioning – CYCLE RIGHT Stage Two for Adults and CYCLE RIGHT Resource for Adults		
Appropriate lighting – CYCLE RIGHT Resource for Adults		

The **CYCLE RIGHT Stage 2 and 3** resources for adults give information and diagrams which support the learning of those taking Stage Two and/or Three training in CYCLE RIGHT. For additional guidance to conditions on the road, see the **CYCLE RIGHT Resource for Adults**.