



Tel 020 7353 4028

www.bugbugs.com

Bugbugs Media Ltd, 63 Shoe Lane, London EC4A 3BE email info@bugbugs.com

Training Stage 1: National Cycling Standard Level 3

Course Fee £30.00 inc VAT

Bugbugs are preparing all riders with essential training ready for licensing, which we anticipate will be in place in the near future. By reaching the Level 3 Standard you will have achieved the top level of cycling instruction, helping to make you a better cyclist and the safest possible bugbug rider.

Stage 1: Level 3 Cycling

Assertive cycling – Assertive road position and behaviour is the key to safer cycling.

We aim to teach riders to use as much road space as they need to travel safely and effectively.

For this training you'll need a normal bicycle (so please beg or borrow one!)

(level 1a) Off Road Practice

- 1) Bike Checks and Fitting
 - 1A1) Getting on and off
 - 1A2) Starting off and pedalling with help
 - 1A3) Stopping without help
 - 1A4) Riding without help
 - 1A5) Starting without help
 - 1A6) Steering where they want to go

Control skills- Starting and Stopping (Level 1b)

- 1B1) Using Gears
- 1B2) Stopping Quickly (Emergency Stops)
- 1B3) Swerving to avoid objects
- 1B4) Looking Behind without wobbling
- 1B5) Signalling without wobbling
- 1B6) Looking behind and signalling without wobbling

Road Cycling Syllabus (Level 2)

- 2.1) Starting Off from side of road
- 2.2) Stopping on side of road
- 2.3) Looking all around including behind
- 2.4) Understanding where to ride on the road
- 2.5) Taking the Lane at Road Narrowings
- 2.6) Passing side roads
- 2.7) Junction Turns Part 1 – Right Minor to Major and Left Major to Minor
- 2.8) Junction Turns Part 2 – Right Major to Minor and Left Minor to Major
- 2.9) Road Narrowing
- 2.10) Pros and cons of cycle lanes

Road Cycling Syllabus (Level 3)



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- 3.1) Roundabouts
- 3.2) Traffic Light controlled junctions
- 3.3) More than one Lane- Negotiating across Traffic Streams
- 3.4) Filtering

Please bring a **road-worthy bike** to the training & clothing suitable for riding a bike.

If you have any questions please email friedel@bugbugs.com

Once you have completed Level 3 you can enrol on Stage 2 – riding a bugbugs pedicab.

**Training Stage 2: Riding a bugbug
Course Fee £20.00 inc VAT**

Your bugbugs course will comprehensively cover the following:

- Manual Handling
- Safety checks
- Overview of pedicab construction and mechanics
- Passenger care and safety
- All aspects of riding a pedicab – practical on-road exercises, carrying passengers.
- You will revisit the Level 3 Competences learnt from your 1st course
- Codes of Conduct
- You will be asked to undertake a test. If you pass the test then you will be welcome to join Bugbugs