

Level 1	Level 2	Level 3	Level 4	Level 5
1.1 Carry out a simple bike check	2.0 All level 1 skills	3.0 All level 2 skills	4.0 All level 3 skills	5.0 All level 4 skills
1.2 Getting on and off the bike	2.1 Good trail practice	3.1 Manual front wheel lift	4.1 Step-over	5.1 Cornering (part 3)
1.3 Start off and pedal	2.2 Riding in the attack position	3.2 Power assisted front wheel lift or wheelie	4.2 Power assisted step-up (20cm)	5.2 Bunny hops
1.4 Stop without help	2.3 Cone of movement	3.3 Rear wheel lift	4.3 Manual step-up (20cm)	5.3 Lateral bunny hop
1.5 Make the bike go where they want	2.4 Effective use of the brakes	3.4 Manual drop-off	4.4 Cornering (part 2)	5.4 Jumps
1.6 Changing gear	2.5 Changing gear, smoothly and quietly	3.5 Power assisted drop-off	4.5 Demonstrate good climbing technique on both long and steep climbs	5.5 Rocks
1.7 Stop quickly with control	2.6 Climbing easy hills both sitting and standing	3.6 Track stand	4.6 Descending trails which present some degree of technical difficulty	5.6 Roots
1.8 Manoeuvre safely to avoid obstacles	2.7 Descending easy trails	3.7 Cornering (part 1)	4.7 Riding a trail of moderate difficulty	5.7 Bigger drop-offs
1.9 Look all around without wobbling whilst riding slowly	2.8 Manoeuvring through a complex of objects	3.8 Pumping	4.0 All level 3 skills	5.8 Trail riding
1.10 Ride one handed over easy terrain	2.9 Riding a trail of low to moderate difficulty (optional)	3.9 Riding a trail of moderate difficulty (optional)	4.1 Knowledge of land managers' responsibilities	5.9 Extended trail riding
1.11 Ride an easy trail (optional)	2.0 All level one skills	3.0 All level 2 skills	4.2 Care for the environment (part 3)	5.0 All level 4 skills
1.1 Sharing the outdoors (Part 1)	2.1 Sharing the outdoors (part 2)	3.1 Where can you go?	4.1 Hypothermia; recognition and treatment	5.1 Access in practice
1.2 Care for your environment (Part 1)	2.1 Making the scene of an incident safe	3.2 Care for the environment (part 2)	4.0 All level 3 skills	5.1 Obtain an Emergency Aid or other First Aid certificate
1.1 Awareness	2.0 All level 1 skills	3.1 Treatment of bleeding	4.1 What to eat and drink (part 3)	5.0 All level 4 skills
	2.1 What to eat and drink (part 1)	3.0 All level 2 skills	4.2 Clothing (part 3)	5.1 What to eat and drink (part 4)
	2.2 Clothing (part 1)	3.1 What to eat and drink (part 2)	4.3 Trailside repairs (part 2)	5.2 Clothing (part 4)
	2.3 Checking your bike; adjusting it to fit (part 1)	3.2 Clothing (part 2)	4.4 Navigation (part 2)	5.3 Trailside repairs (part 3)
		3.3 Trailside repairs (part 1)	4.5 Planning for a trip (part 1)	5.4 Navigation (part 3)
		3.4 Navigation (part 1)		5.5 Trip planning (part 2)
		3.5 Bike checks (part 2)		
<b>KEY</b>	Riding Skills	Sharing the Outdoors	First Aid	Being Independent

**Cycling  
Scotland**

