

## Annex 1 – You and Your Bicycle

Before riding, make sure **you are confident and capable of cycling safely on the road**. Your bicycle should be **the correct size and type** for comfort and control. **Keep lights and reflectors clean and in good working order, tyres in good condition and properly inflated, and ensure the wheels spin freely**. The **gears should shift smoothly**, the **chain must be well-oiled and correctly adjusted**, and both the **saddle and handlebars** must be set at the right height.

It's **recommended** that every bicycle is fitted with a **bell**, and it's **a legal requirement** that your **brakes work correctly** and that you **use white front and red rear lights at night**. (*Laws PCUR regs 6 & 10 & RVLR reg 18*)

If you are inexperienced or haven't cycled for a long time, it's wise to take a **cycle training course**. Many local councils provide **Bikeability training**, often **free of charge**, which helps improve **balance, control, signalling, and road awareness**. The program has **three levels**: starting with basic skills such as starting, stopping, and turning safely, progressing to **dealing with traffic, complex junctions**, and **understanding road signs and planning routes**. You also learn **safe positioning** on the road and **basic maintenance**.

## Annex 2 – Motorcycle Licence Requirements

Anyone with a **provisional motorcycle licence must complete a Compulsory Basic Training (CBT)** course before riding on public roads. After CBT, you can ride a **motorcycle up to 125cc and 11kW with L plates** (or **D plates** in Wales) **for up to two years, without passengers.** (*Law RTA 1988 sect 97(3)*)

To ride a **moped**, you must be **at least 16**, hold a **provisional moped licence**, and complete **CBT**. Once done, you can ride **unaccompanied on roads at speeds up to 45 km/h (28 mph) with L or D plates** for two years. To gain a **full moped licence**, you must pass both the **theory and practical tests.**

If you passed your **car test before 1 February 2001**, you can ride a moped without L plates, though CBT is still strongly recommended. If you passed **after that date**, **CBT is compulsory.**

### Licence categories:

- **AM (16+)** – mopeds up to **45 km/h** or light three/four-wheelers up to **50cc and 4kW**.
- **A1 (17+)** – motorcycles up to **125cc and 11kW**.
- **A2 (19+)** – motorcycles up to **35kW**.
- **A (21+ or 24+)** – any motorcycle, or large tricycles over **15kW**.

**Progressive access** allows you to upgrade your licence after two years of experience without retaking the theory test. If you want to ride a larger bike before full qualification, you **must be accompanied by an approved instructor in radio contact.** (*Laws MV(DL)R regs 9 & 16(7), RTA 1988 sect 97(3)*)

You must **pass both the motorcycle theory test and practical tests (Modules 1 and 2)** to obtain a full licence, and **you cannot carry passengers or tow trailers** until you've passed. (*Law MV(DL)R reg 16*)