Unit Title:	Prepare Self For An Inclusive Cycle Session
Unit Level:	Entry 3
Unit Credit Value:	1
GLH:	4
LASER Unit Code:	WJI085
Ofqual Unit Code:	D/652/4688

This unit has 4 learning outcomes.

Learning Outcome (The learner will):		Assessment Criteria (The learner can):	
1.	Know how to prepare for a cycle session.	1.1	State how being ill, tired, upset, medicated or intoxicated may affect cycling.
		1.2	Identify the range of assistance available to cycle.
2.	Know the appropriate clothing and safety accessories needed to cycle.	2.1	Identify clothing that supports safe and comfortable cycling in a range of weather conditions.
		2.2	Identify how clothing and accessories can help a rider be more visible to other road users.
3.	Know how to wear a cycle helmet.	3.1	Name the parts of a cycle helmet.
		3.2	Identify range of support needed to wear and fasten a helmet (e.g., a riding assistant).
		3.3	State what the law says about wearing a helmet.
4.	Be able to wear and fasten a cycle helmet correctly.	4.1	Wear and fasten a cycle helmet correctly with assistance.

Assessment Guidance:
Current legal and regulatory frameworks and guidance as well as accepted good practice must be applied to the delivery of this unit. AC 1.2 Could include: adapted cycles, a riding assistant etc.

Additional Information:
NA