



Cycling Training Programme 2010

Active Travel-Mullingar is a cross agency initiative .



Department of Transport
An Roinn Iompair





CYCLING PROGRAMME

- One hour in class theory
- Four hours practical training on the bike
- Certified Level 2 competency award
- Presentation of safety equipment to those who pass

This training will;

- Encourage and develop safe cycling skills,
- Develop positive attitudes towards road use
- Increase knowledge and understanding of road and traffic environments.
- Give trainees the confidence to use their bicycles on local roads.





GUESS WHO

David Beckham





Adam Sandler



Toby
Maguire



Barack
Obama



Miley
Cyrus



COURSE CONTENT - LEVEL 1

In Class Theory session, plus 4 modules based in the School Playground

Module 1: Bicycle Maintenance

Module 2: Roadcraft & Rules

Module 3: Road Hazards & Cycle Control

Module 4: Communications & Road Signs





In Class Theory

The following slides will show

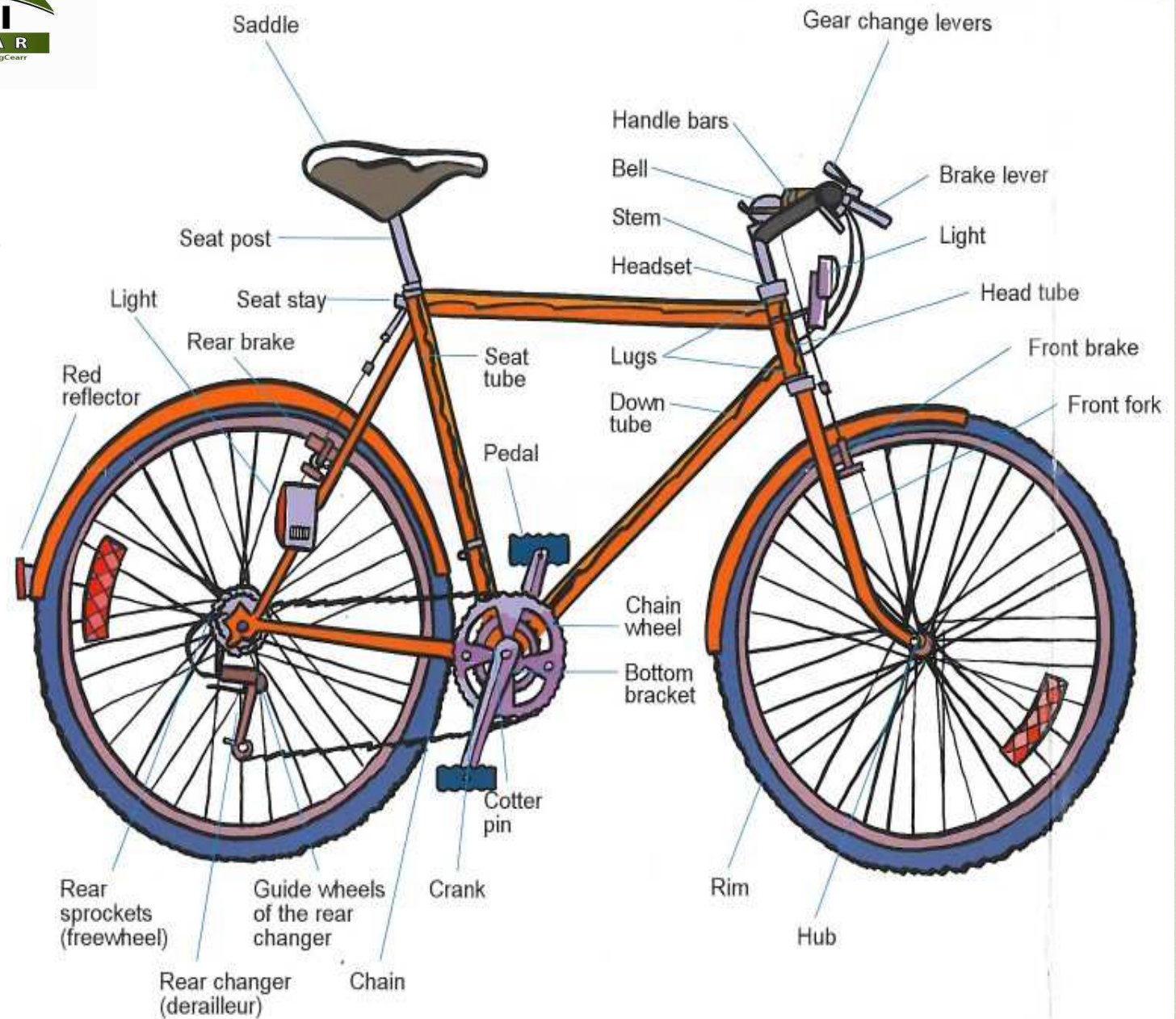
- Bicycle maintenance
- Road Craft & rules of the road for Cyclists
- Road Hazards
- Communication & Road signs

“Pay attention now , your Tutor will be asking questions on the information on these next slides when you start the cycling “

These slides will not be used



1. BICYCLE MAINTENANCE



1.BICYCLE MAINTENANCE

SADDLE

When sitting on the saddle you should be able to touch the ground with your toes of both feet at the same time.

FRAME/FORKS

Make sure there is no serious rusting or damage to the frame.

BELL

By law you should have a bell at all times and it should be within easy reach of your thumb.

HANDLEBARS

Should be square with the frame and level with the saddle. Movement should be neither loose nor too tight.

BRAKES

Should always be checked before you ride. The brake blocks should grip the side of the wheel

LIGHTS

At night you must have a red rear lamp and a white front lamp. If the light is dim change the batteries.

REFLECTORS

You must have a red reflector fitted at all times on the rear of your bike. They're not visible if dirty!

GEARS

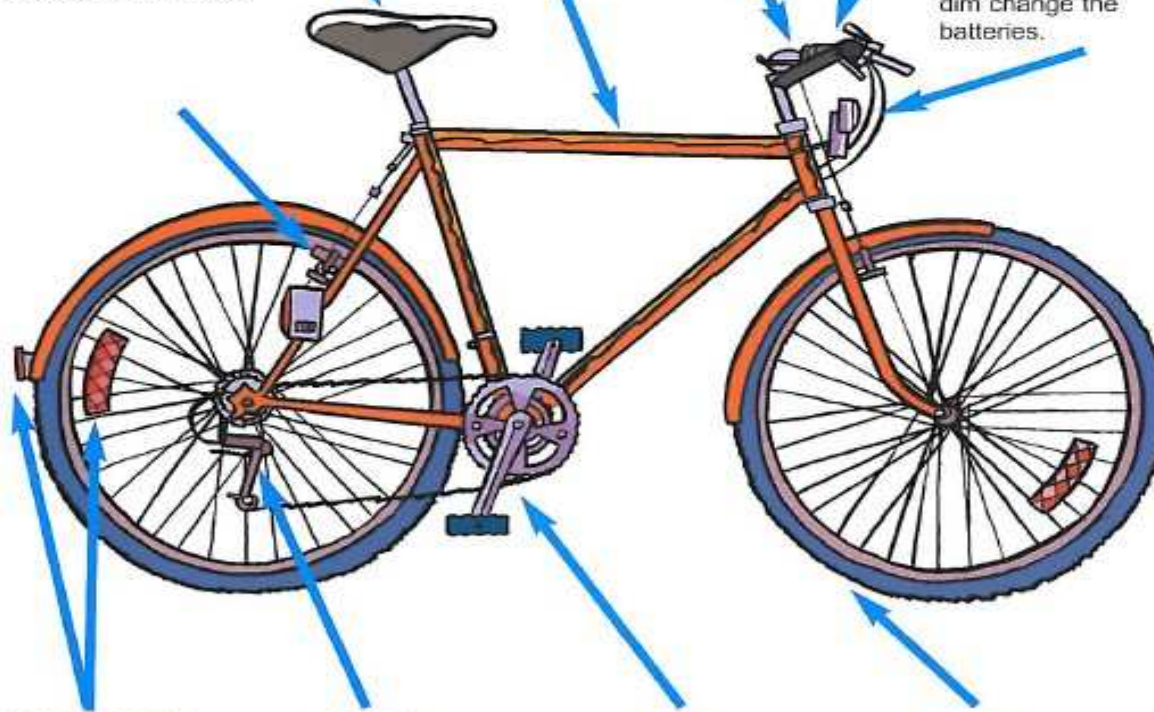
Keep them clean and check for fraying or damaged cables.

CHAIN

The chain should have 1.5cm play, up and down, on the bottom rung. Clean and lightly oil regularly.

TYRES

Should be pumped up hard. Look for worn or bald patches.



BICYCLE MAINTENANCE - HOW SAFE IS YOUR BIKE?

Can you find the faults on this bike?
Look for 10 faults and mark with an 'X'

1. BICYCLE MAINTENANCE



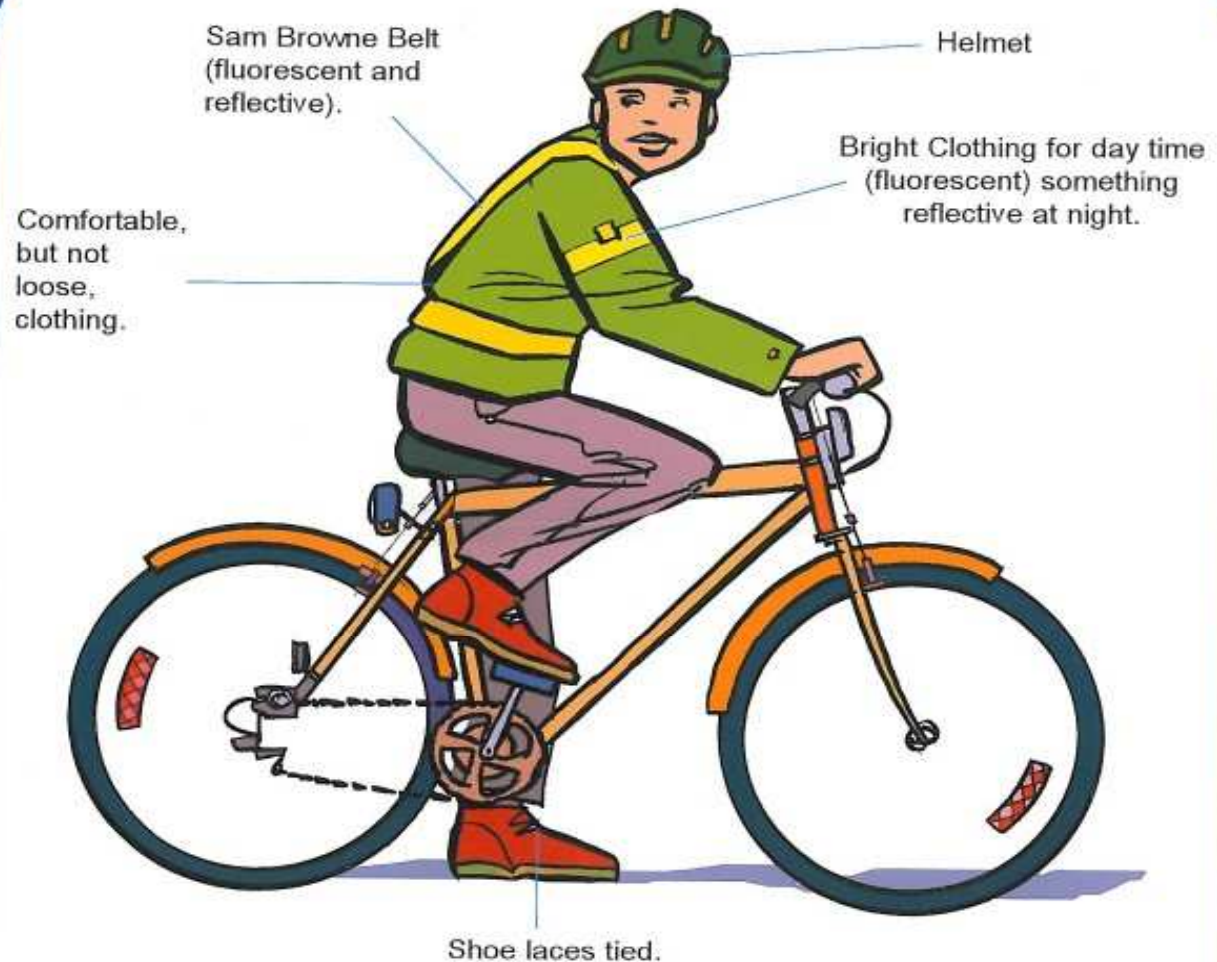
Find the missing words

- (a) My bike should have _____ to stop.
- (b) At night I should have _____ and a _____.
- (c) My tyres should be pumped up _____.
- (d) If I am sitting on the _____ my _____ should touch the ground.

2.ROAD CRAFT RULES OF THE ROAD FOR CYCLISTS

WHEN WE TALK ABOUT ROAD CRAFT WE MEAN THE SKILLS AND KNOWLEDGE THAT CYCLISTS MUST HAVE TO RIDE BICYCLES ON THE ROADS .

THIS INCLUDES BEING DRESSED PROPERLY , SITTING ON YOUR BICYCLE PROPERLY



Some of the dangers to watch out for:

- ✗ Long scarves
- ✗ Hoods on coats
- ✗ Heavy backpacks/school bags
- ✗ Headphones
- ✗ Shoelaces

2.ROAD CRAFT RULES OF THE ROAD FOR CYCLISTS

STARTING OFF CORRECTLY

ROADCRAFT includes:

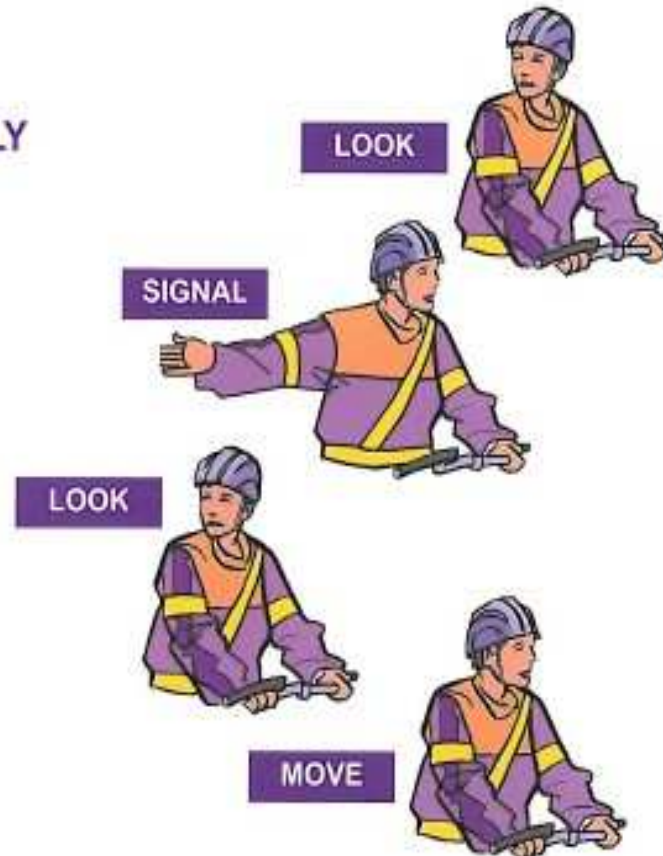
SITTING ON THE BICYCLE PROPERLY

- Being comfortable.
- Being balanced with both feet able to touch the ground.
- Being ready to brake if necessary, with fingers easily able to reach the brake levers.



STARTING OFF CORRECTLY

- Get on the bicycle from the pavement side. Your left foot should be on the ground and your right foot on the pedal - known as the two-o'clock position.
- **LOOK** behind over the right shoulder, and all around for traffic.
- When it is safe, **SIGNAL** your intention to move off, using your right arm. Don't look behind and signal at the same time.
- Return right hand to handlebar.
- **LOOK** behind again and when it is safe, **MOVE** off.



3. ROAD HAZARDS AND CYCLE CONTROL

THERE ARE NUMEROUS HAZARDS
A CYCLISTS MUST BE AWARE OF .

WEATHER HAZARDS

- Snow or sleet
- Wind
- Rain
- Fog
- Bright sunlight
- Ice or frost patches



ROAD SURFACE HAZARDS

- Holes in the road / uneven surface
- Manhole covers or gratings
- Mud on the road surface
- Oil or grease on the road surface
- Broken glass
- Ridges
- Road camber
- Gravel or loose chippings
- Road under repair
- Wet leaves

HAZARDS FROM OTHER ROAD USERS

- Pedestrians rushing into the road
- Turning vehicles
- Children playing
- Animals on the road
- Traffic passing too close
- Sudden manoeuvres by heavy goods vehicles and buses
- Parked vehicles about to move or with doors opening



3. ROAD HAZARDS AND CYCLE CONTROL

THE TEN RULES FOR SAFER
CYCLING ARE

TEN GOLDEN RULES FOR SAFER CYCLING



Wear bright clothes
so that you can be
easily seen



Always wear
a cycle safety
helmet



Know your
'Rules of the Road'



Don't play games
or trick cycling
on the road



Look ahead for uneven
road surfaces and either
avoid them, or ride over
them carefully



Notice what other traffic is
doing and be ready to
take action if necessary



Always ride at a speed
which allows you to slow
down or stop in time to
avoid a hazard



Look and signal
before manoeuvring to
avoid a hazard



If you aren't sure what to
do when faced with a
hazard, stop and get off
your bicycle



The most important rule of all
KEEP ALERT
to avoid hazards at all times

THESE TIPS COULD SAVE YOUR LIFE

4.COMMUNICATION AND ROAD SIGNS

IT IS IMPORTANT THAT YOU
KNOW WHAT THE ROAD
SIGNS MEAN AND ALSO HOW
TO SIGNAL TO OTHER ROAD
USERS WHAT YOU ARE GOING
TO DO

REGULATORY/MANDATORY SIGNS

If you see a traffic sign

inside a circle



or an octagon



or a triangular
Yield right of way sign



IT IS GIVING AN ORDER ... IT MEANS YOU **MUST** OBEY

Circular and octagonal traffic signs mean **YOU MUST** ...



...Not enter this route
unless you are a cyclist



...Use a shared
cycle/pedestrian track



... Not enter the street
or road ahead



...Not turn right



...Stop and give way
(NB. The only
octagonal sign)



...Turn left ahead



... Go straight ahead
only



...Turn left



...Keep left



...Not enter if you are
riding or driving



... Stop for School
Warden



Speed limit

4.COMMUNICATION AND ROAD SIGNS

WARNING SIGNS are **diamond shaped**
LOOK OUT FOR...



Roadworks ahead



Traffic lights ahead



Road narrowing
dangerously or a
narrow bridge ahead



School ahead and
children crossing



Junction ahead with
road or roads of less
importance (indicated
by arms of lesser width)



dangerous bend ahead



Roundabout ahead



Major road ahead

If the traffic sign is inside a square or a rectangle, on a white, blue or brown background,
IT GIVES INFORMATION.

Square or rectangular road signs



Motorway Ahead



Entry to Motorway



Tourist information



Boyne Drive

NB. Cyclists may not cycle on motorways

Here are some **INFORMATION** signs for cyclists:



Commencement of
cycleway



Advance sign for
with-flow bus lane



With-flow bus lane



Shared cycle/pedestrian
track sign

4.COMMUNICATION AND ROAD SIGNS

LANGUAGE OF THE ROAD

SIGNALS

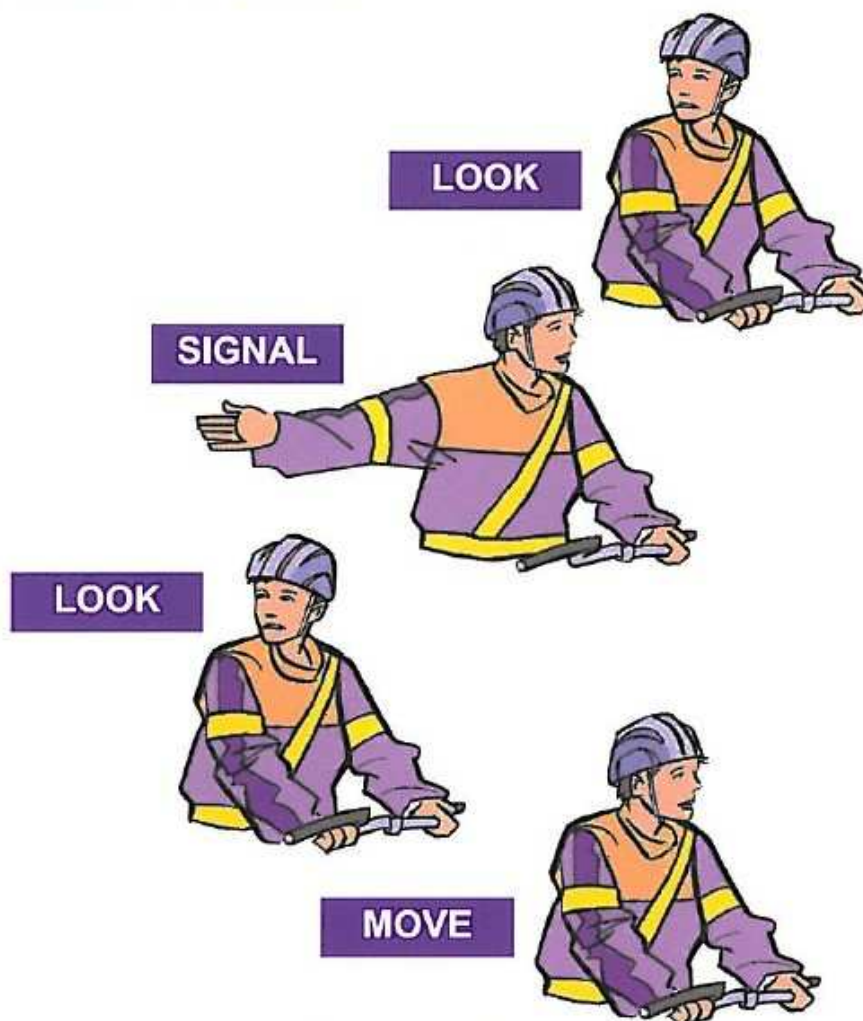
For each manoeuvre you make when cycling there are four stages to be followed.

LOOK behind before altering course to check that it is safe to do so.

SIGNAL to let other road users know what your intentions are.

LOOK again before changing position to check that it is still safe.

MOVE make your move if it is safe, checking all the time for other road users.



4.COMMUNICATION AND ROAD SIGNS

Traffic Light Signals at junctions and other locations



Red means
'Stop', wait
behind the
stop line.



Amber also
means 'Stop'.



Green means
you may go if
it is safe to do
so.



At some junctions you
may see a "flashing
amber arrow". This
indicates that you must
yield to traffic coming
from your right. You
must also give way to
pedestrians crossing.



If there is a
green arrow you
can go in the
direction shown if
it is safe to do so.



Toucan crossings for
cyclists.
This is a controlled
crossing for cyclists,
usually provided
alongside controlled
pedestrian crossings.



4.COMMUNICATION AND ROAD SIGNS

A. Illustrate the road signs numbered on the map below and explain what they mean



①	
②	
③	
④	
⑤	



COURSE CONTENT – LEVEL 2

This is the practical part of the programme and takes place in the play ground, so remember to wear proper clothing as the weather may be cold , wet , or sunny ?? We will supply bicycles , helmets and bibs , but bring your own if you wish

Level 2 Content

- Simple Bike (M) Check
- Starting, Stopping
- Braking
- Manoeuvring
- Awareness
- Signalling
- Handling & Control



On the last day of the program there will be a group cycle along the local road network using ,cycle lanes and cycle towpaths. Only children who have shown competency will be eligible to do this route.





Thank you for your attention and we hope you
enjoy the program