

FIRST GRADE COACHING

SPORTS COACHING, TRAINING AND DEVELOPMENT

We hope your child enjoyed taking part in today's Bikeability training.

The information contained within this booklet is designed to give you an awareness about the skills your child has practised during the course and to act as a point of reference for them before going out on their bike.



We hope all the family find this information useful, should you wish to discuss any part of the Bikeability scheme in further detail, a list of important contacts can be found on the back cover.

Things to remember...

Before you go out on your bike, remember to check

- Wheels and Tyres
- Steering
- Brakes
- Pedals
- Gears and Chain
- Helmet

Starting your Journey

- Shoulder Check (what's happening behind you)
- Pedal ready position (2 o'clock)
- Low gear (easier to start)

Passing a side road

- Maintain your speed and position on the road
- Check into the side road as you approach for any vehicles that may be about to turn out

U-turn

- Shoulder check for a safe gap behind, then check in front to complete the turn
- Slow down if necessary to do so, take up the correct cycling position on the opposite side of the road

Passing parked cars

- Shoulder Check (what's happening behind you)
- Move out to at least a doors width away from the vehicle
- Give way to oncoming traffic
- If waiting, stay a safe distance from parked vehicle, making sure you can see, and be seen

Turn left from a minor to a major road

- Shoulder Check (what's happening behind you)
- Signal left
- Position just left of centre of your lane, not too close to the curb
- At the junction, check right, left and right again
- Set pedal and check behind
- When safe, move away with both hands on handlebars

Turn left from a major to a minor road

- Shoulder Check (what's happening behind you)
- Signal
- Both hands on handlebars whilst turning and maintain a good road position on the minor road
- You have priority over all other road users

Turn right from a minor to a major road

- Well in advance of the approaching junction, check behind for traffic
- If necessary, indicate with a right turn signal
- Move into a position well left of the centre line, where you can't be overtaken by a car on either side
- Approach junction in this position, begin looking for traffic from both sides on the major road
- Stop or give way at the junction where necessary
- Pedal ready position as you wait
- Observe to the right and left for traffic and when there is a safe gap, set off again

Turn right from a major to minor road

- Approaching the junction, observe behind and if safe to do so, start to move out to a safe position just left of centre
- Signal if necessary and move to a position about an arm's length to the left of the centre line
- If there is oncoming traffic, stop opposite the centre line of the minor road
- Take up the pedal ready position and then, once the traffic has passed, complete the turn