

What's Next?

Biking is great fun and can be even better in a group. Why not see if you can get your family involved, go on a bike ride together and maybe even take a picnic!

There are lots of cycle routes around our area - to find out where, visit:

www.lancashire.gov.uk

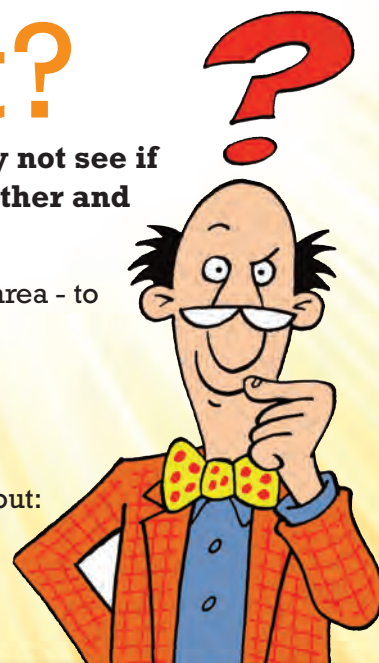
www.goskyride.com

www.sustrans.org.uk

For more interesting road safety, check out:

www.saferschools.lancsngfl.ac.uk

and go to the parents section.



For fun online activities visit:

talesoftheroad.direct.gov.uk

www.streetwiseguys.co.uk

<http://bikeability.org.uk/resources/>

www.nhs.uk/Change4Life/Pages/bike-for-life.aspx

For cycling events visit:

www.ctc.org.uk

www.britishcycling.org.uk

www.sustrans.org.uk



Passport to Safer Cycling



Cool activities
and info for
young
cyclists



Teachers...

For the answers go to www.saferschools.lancsngfl.ac.uk and follow the 'Primary' tab. Your user name is your school number without the first 0 (e.g. 1001) and the password is 'safertravel'. Then use the 'Passport' tab.

Name

www.saferschools.lancsngfl.ac.uk

Is your bike safe? ...

There are 13 things wrong with this bike!

Take a look and then see if you can 'Match the Faults' on the right hand side.



MATCH THE FAULTS
to the numbers
on the bicycle

The first one has
been done for you...

Tyres

- Tyres must be pumped up. Press them to check that they feel hard. Soft tyres increase the risk of punctures and affect control of the bicycle.
- You should know how to use a puncture repair kit and always keep one with you on rides.
- If the tread on the tyre has worn down then you should replace it straight away.



Lights/Reflectors

- Never ride in the dark without your lights and reflectors - it is illegal.
- Make sure they are clean and in working order before setting out so it is easy for drivers to see you.



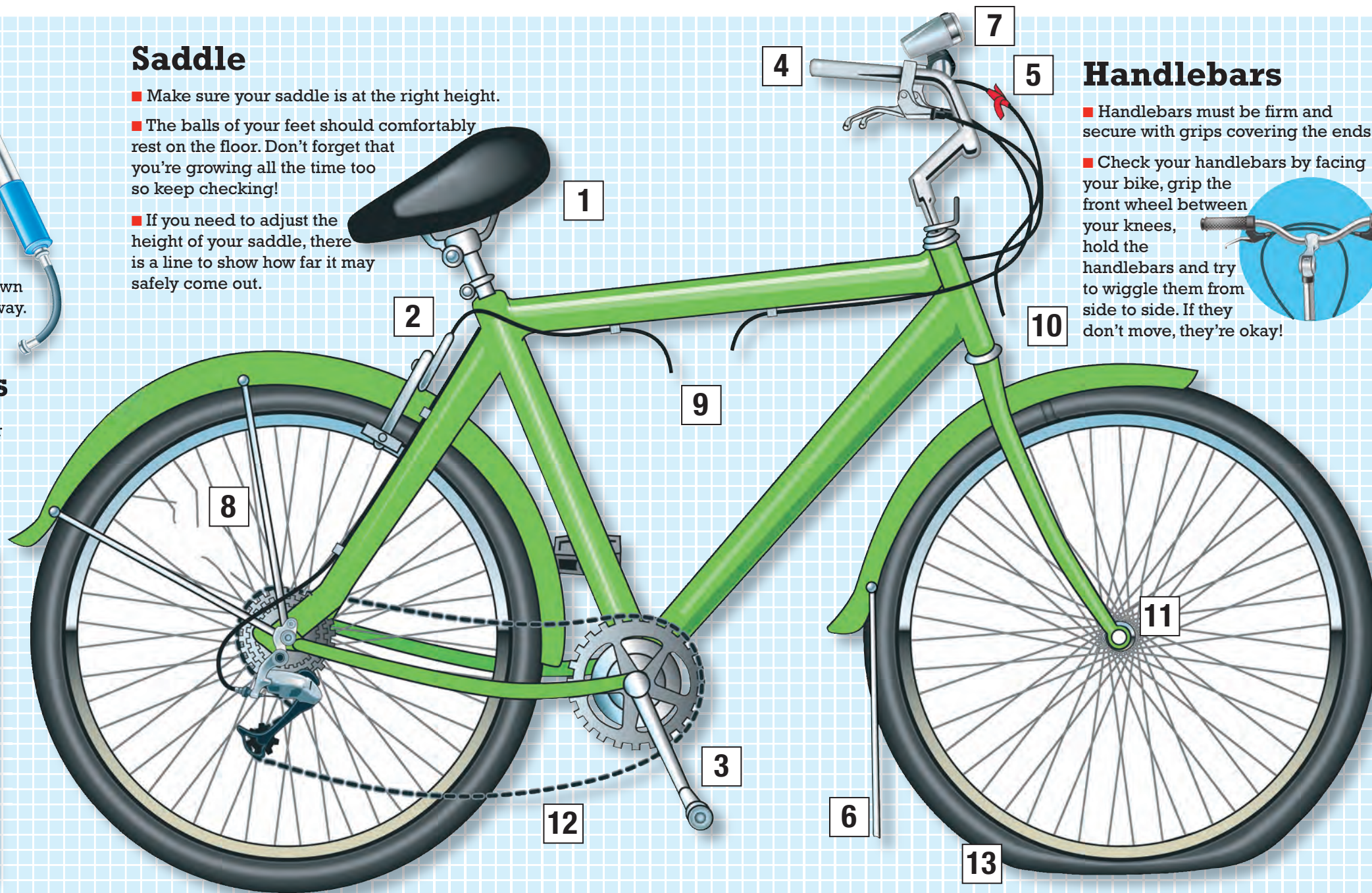
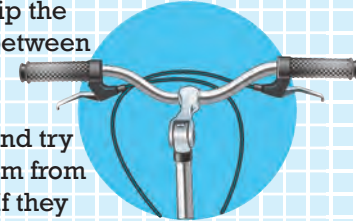
Saddle

- Make sure your saddle is at the right height.
- The balls of your feet should comfortably rest on the floor. Don't forget that you're growing all the time too so keep checking!
- If you need to adjust the height of your saddle, there is a line to show how far it may safely come out.



Handlebars

- Handlebars must be firm and secure with grips covering the ends.
- Check your handlebars by facing your bike, grip the front wheel between your knees, hold the handlebars and try to wiggle them from side to side. If they don't move, they're okay!



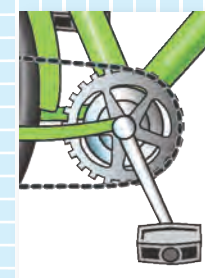
Chain

- Your chain should be oiled and not rusty!
- Make sure it is not loose.



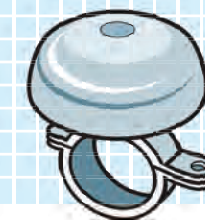
Pedals and cranks

- Pedals and cranks must be secure and not bent or twisted.
- Pedals should rotate freely and should have reflectors.



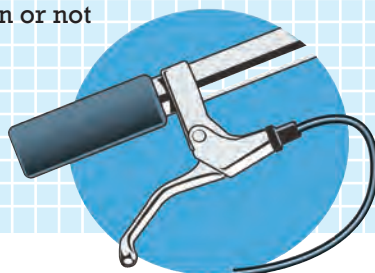
Bell

- A bell warns other cyclists and pedestrians that you are approaching.



Brakes

- Both brakes must always work. Can you reach the brake levers and operate them easily?
- If your brakes are too tight, worn or not tight enough, they will not work properly.
- To check that your brakes will stop your bike, spin the wheels and apply the brakes suddenly.



- ☒ 10 One front brake block missing
- ☐ Rear reflector missing
- ☐ Back brake cable snapped
- ☐ Chain too loose
- ☐ Handlebar grip missing
- ☐ One pedal missing
- ☐ Brake cable badly worn
- ☐ Front tyre too soft
- ☐ Front wheel nut missing
- ☐ Broken spokes in rear wheel
- ☐ Front lamp pointing upwards
- ☐ Saddle twisted round
- ☐ Mudguard support broken

TIME to SHINE!

BE SEEN!

When you are out walking or cycling **always** make sure you wear the **right** clothes so drivers and pedestrians can **see you**, especially if it's dark!

- Try to wear **bright** clothes.
- Wear **reflective** clothing and/or accessories (belt, arm or anklebands).
- Try to make your school bag as bright as possible, **reflective stickers** or keyrings are a really good way to make you more noticeable in the dark.



Wear bright clothing

Reflective material helps other road users see you easily...

Yellow is a really bright colour and makes it easier for other road users to spot you.

COOL CATS

Have you ever noticed that a cat's eyes glow in the dark?! That's because they reflect light.



A BRIGHT IDEA!

You can even get yourself a really cool, bright helmet to help drivers see you coming.



Night Rider

be bike bright!

If you ride your bike when it's getting darker or in bad weather, make sure drivers can see you! The law says you **MUST** fit lights onto your bike if you're out after dark.

Here's what you need to be legal:

- A white front light
- A red rear light
- A red rear reflector
- Pedal reflectors on both pedals

Bike lights aren't too expensive and make it easier for other road users to see you. Set the rear light to flashing when you're cycling after dark to make you even more visible.

Your front light must be bright so that you can see the road ahead and drivers can see you. Some cyclists who ride at night wear lights that attach to their helmets to help them see their surroundings.

Test your lights before every night ride to make sure you're riding safely.

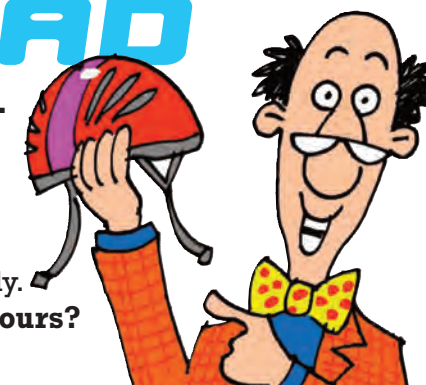
Check out www.ctc.org.uk for all the lighting regulations

USE YOUR HEAD

For improved protection you should always wear a cycle helmet. It will help protect your head if you fall off your bike.

Even the most experienced cyclists can have an accident. Seven out of ten cyclists, who go to hospital after an accident, have head injuries.

Before you buy a helmet, try it on to check it's the right size and fits properly. It should sit snugly on your head with little or no movement. Does yours?



1-2-V!

An easy way to remember how to check your helmet is fitted correctly is to follow the 1-2-V method as shown below.



1

1-2 fingers can fit under the chin strap...



2

Leave a gap of 2 fingers from your eyebrows to the helmet...



V

Make sure the straps make a 'V' shape around your ear.

You should be able to put your head upside down without the chin straps fastened and your helmet should stay on your head without falling off.

QUIZ TIME

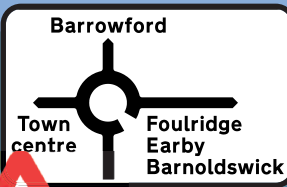
This page shows pictures of **road signs and markings**. All are important to cyclists and other road users. Do you know what they mean? **Why are they important?** Write your answers in the white boxes.



Every cyclist needs to know their signs! Let's have a little look at them...

VITAL SIGNS



WHAT DO THEY MEAN? Below you can see an example of each type of sign...



ORDER

This tells you something you **MUST** do!



INFORMATION

This tells you something you might need to **KNOW**!



WARNING

This tells you about something that you have to **WATCH OUT** for!



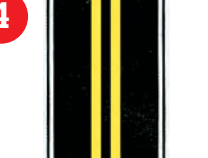
Signs are all around you.

Do you see any on your way to school?

THE WAY TO GO!



First, take a good look at these road signs as you will need them for the exercise on the next page.

1 	2 	3 	4 
5 	6 	7 	8 

Route Planner



Plan your route

- Draw the route you would take if you cycled from home to the school entrance.
- Look back to the road signs on the previous pages. Choose five that you think you would see on your route.
- Draw one road sign in each of the boxes below and, using the numbers, mark where it should go on the map.

1

2

3

4

5



OK! HERE'S
SOME QUICK QUIZ
QUESTIONS TO SEE HOW
MUCH YOU REALLY KNOW
ABOUT CYCLING!



Security

Name 3 ways to keep your bike safe from thieves

1

2

3

Emergency!

What number must you call if you see someone injured in a road accident?

What next?

What must you do if you reach a junction that does not look safe for you to cycle across?

Be prepared!

What useful items could you carry with you in your saddle bag?

What position should you set your pedal before starting to cycle? Why?

What's so good?!

Give three reasons why cycling is a great way to travel!

1

2

3

DOWN YOUR STREET

Ok - what's happening where you live?

What's the name of the street where you live?

Is it busy or quiet?

Are there many parked cars?

What's the nearest junction?

Any danger spots? (remember anywhere can be dangerous if you don't stick to the rules!)

Have you ever ridden on the road?

How can you safely carry things like your school books whilst riding your bike? (Never balance your bag on your handlebars!)

To find the answers to all the questions in this book go to:
www.saferschools.lancsnfl.ac.uk

What do you know?

Ready for the road?

There are lots of things to know if you're going to ride your bike on the roads. Don't ride on the road until you're ready! Build up your confidence somewhere safe like the park...

Your bike's a vehicle just like a car so you need to follow all the rules of the road.

The Golden Rule!

And the Golden Rule is **be aware of everything around you!** Watch other road users - what are they going to do next?! Can they see you? Are you making it clear what **you're** going to do next???

2-WHEELED CROSSWORD



Across

2. The bit of your bike you hold on to
4. The links that transfer power from the pedals to the wheels
6. The parts of your bike you push with your feet
8. The rubber around your wheel
9. The opposite of good
11. The law says you need a red one on the back of your bike
12. The colour of emergency vehicle flashing lights
13. The part of your body that powers your bike
14. These will help you get up a hill
15. High ____, bright clothes to make sure you can be seen
21. Most bikes have 2 of these!
23. These protect your hands
24. The number of people your bike is designed for
25. Always use this when you leave your bike
26. Your bell makes this!

Down

1. see 16 down
3. Your torso, arms, legs, etc!
4. The part of the road just for bikes
5. Red, amber or green?
6. A hole in your tyre
7. The bit of your bike you sit on
9. Pull these carefully to stop
10. Wear this to protect your brain
11. Not left...
- 16 and 1 down. A triangular sign with the point down tells you to do this
17. Keep safe when riding in the dark by fitting one of these to the front and back of your bike
18. The bit that keeps the rim of the wheel away from the middle
19. This colour means go
20. You must do this before making any manoeuvre
22. What you must do at the red traffic light

RIDING *with* ATTITUDE

The road's a serious place to be!

So make sure you do everything right when you're out on your bike!

This cyclist is doing at least TEN things wrong - spot what they are, put a circle around them and write them down below!

So what's wrong?



RULES OF THE ROAD

write some of your own rules for cyclists for the following...

OUTSIDE SCHOOL

ON THE SCHOOL GROUNDS

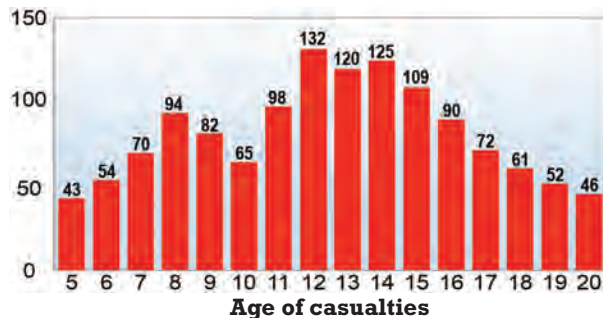
WHEN YOU'RE OUT WITH YOUR MATES

WHEN IT'S DARK

WHEN IT'S BEEN RAINING

CYCLING CASUALTIES

Number of casualties



What is the total number of child cyclists injured aged 10-11?

What is the most common age when young cyclists have crashes?

BRAKING TIP

Use both brakes when you stop... first apply your rear brake gently to slow down, then use your front brake just before you come to a stop.



Radu Razvan / Shutterstock.com



THE TOUR DE FRANCE

The Tour De France is the greatest cycling race in the world! The competitors ride around 2,200 miles in just 21 days! What would you take with you if **you** cycled on the tour?!

Who was the first British cyclist to win the Tour De France?

GET THE GEAR

When you get on your bike it's important that you go in the right gear!

■ Wear fluorescent or bright colours during the day time, especially when it's bad weather.

■ Wear reflective materials when it's dark.

Fluorescent means

Reflective means

PEDALLIN' WORDSEARCH



Match the pictures of the bicycle gear to the words and then find each of them in the great pedallin' wordsearch!

S	I	S	L	I	L	E	E	H	W
U	P	K	A	O	L	E	T	E	A
N	S	I	C	D	A	O	R	L	T
G	P	K	L	I	D	G	D	M	E
L	R	O	T	C	E	L	F	E	R
A	O	P	U	M	P	O	E	T	B
S	C	E	M	H	I	V	I	Z	O
S	K	Y	B	L	I	E	C	Y	T
E	E	C	L	L	E	S	Y	B	T
S	T	E	I	K	T	H	G	I	L
E	B	A	C	K	P	A	C	K	E

REFLECTOR

CLIPS

WHEEL

WATER BOTTLE

GLOVES

SPROCKET

LIGHT

SUNGLASSES

HELMET

BACK PACK

PEDAL

HIVIZ

BELL

LOCK

PUMP

SADDLE

PEDALREADY!



GIVE OFF THE RIGHT SIGNALS!



- Remember to always look over your right shoulder to make sure it is safe before you signal.



- In the direction you want to turn, hold your arm out straight at shoulder height with your palm facing forwards for the count of three seconds.
- Make sure that both your hands are back onto your handlebars before you turn so that you are in full control of your bike.



GOING PLACES



Going for a bike ride is just great! Before you do, make sure that you know how to set off safely, ride safely and what to do when you finally arrive!

STARTING OFF...



- Choose a safe place to start where you can see and be seen. If possible away from junctions, bends, driveways and parked cars.
- Look before you put your bike into the road.
- Squeeze your brake and lean your bike over to the left to make it easier to get on.
- Have another look before you get onto your bike.
- Get into pedal ready position, with your right pedal at 2 o'clock to push off.
- Look behind over your right shoulder before you set off.
- When it is safe and there is no traffic you can set off!

FINISHING IN STYLE...



- Before you stop always look behind.
- If there is anyone behind you try to make eye contact so that they can see what you are doing.
- Signal left if you do need to stop in traffic.
- Slow down and stop when there is a safe place to stop.
- Stop with your left foot on the pavement and your bike leaning away from the traffic.
- Check behind you again before getting off your bike.
- Get off onto the pavement.

KNOW YOUR PRIORITIES

Priority is also known as 'right of way'.

There are 2 main types of road, minor and major.

When on a minor (also called small) road you will need to give way to traffic on the main (also called big) road.

Never assume you have priority.

Always look and be prepared to stop and wait, even if you're on a main road with priority.

PRIMARY & SECONDARY POSITIONS

Where do you cycle on the road?

There are two different road positions that you will use, the secondary and primary positions.

Secondary position

The way to tell if you are in the correct position is to judge if you are far enough away from the kerb to avoid drain covers (this should be approximately 60cms from the kerb). This is the position you will cycle in most of the time.

By cycling in this position you:

- Avoid drain covers and potholes.
- Leave enough room for vehicles to overtake you safely.

Primary position

This is the position you will move into when you want to make yourself more visible to other road users and will prevent other traffic coming alongside you.

To adopt the primary position you need to move further out in your lane. Always look over your right shoulder before changing positions or if you're cycling at the same speed as the traffic.

You would generally adopt this position when you are:

- Passing side roads.
- Turning either left or right.
- Passing parked cars.

By cycling in this position you are:

- Stopping traffic from driving alongside you.
- More visible to other road users.
- Letting other road users know you are about to carry out a manoeuvre.
- Improving your own visibility.



bikeability training



1 bikeability

bikeability level 1

(Two hours of training on the playground)

You will be asked to carry out all of the following outcomes during your Level 1 assessment on the playground.

- Carry out a simple bike and helmet check
- Get on and off the bike without help
- Start off and pedal without help
- Stop without help
- Ride along and make your bike go where you want.

2 bikeability

bikeability level 2

(Up to six hours training)

- All Level 1 outcomes
- Be aware of potential hazards
- Start an on road journey
- Finish an on road journey
- Understand where to ride on the roads being used (continually assessed throughout Level 2)
- U turns ■ Pass parked vehicles ■ Pass side roads
- Understand how and when to signal intentions to other road users (continually assessed throughout level 2)
- Turn left into a minor road ■ Turn left into a major road ■ Turn right into a major road
- Turn right into a minor road
- Demonstrate a basic understanding of the highway code (road signs)
- Demonstrate decision making and an understanding of safe riding strategy (continually assessed through level 2)

So what are the benefits of travelling by bike?

- Cycling is so much faster than walking, meaning you can get to school in half the time – that means more time in bed!
- You'll get fit – cycling is one of the best forms of exercise you can get.
- Cycling is good for the planet – bikes don't pollute the air with exhaust fumes, the only energy they use is pedal power!
- Cycling gives you loads of freedom – you can pop round to a mate's house without having to wait for a lift.
- More children cycling will lead to improved health and fitness, reduced congestion and pollution and hopefully even more Olympic champions!
- There's a brand new world for you to discover when you get on the saddle, whether you're cycling to school or riding around in your free time with your mates.
- Because it's fun and it's free – what more do you need?

Taking Control

KEY

Start point

Stop point



WHAT'S THE PLAN?

Show how you would tackle each of the following manoeuvres!

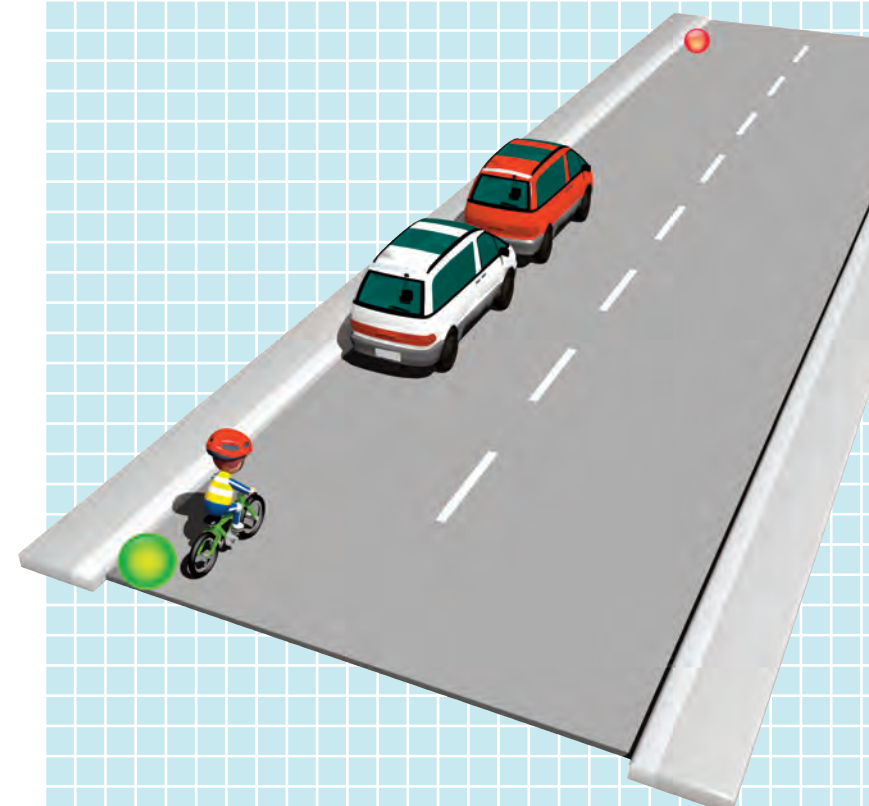
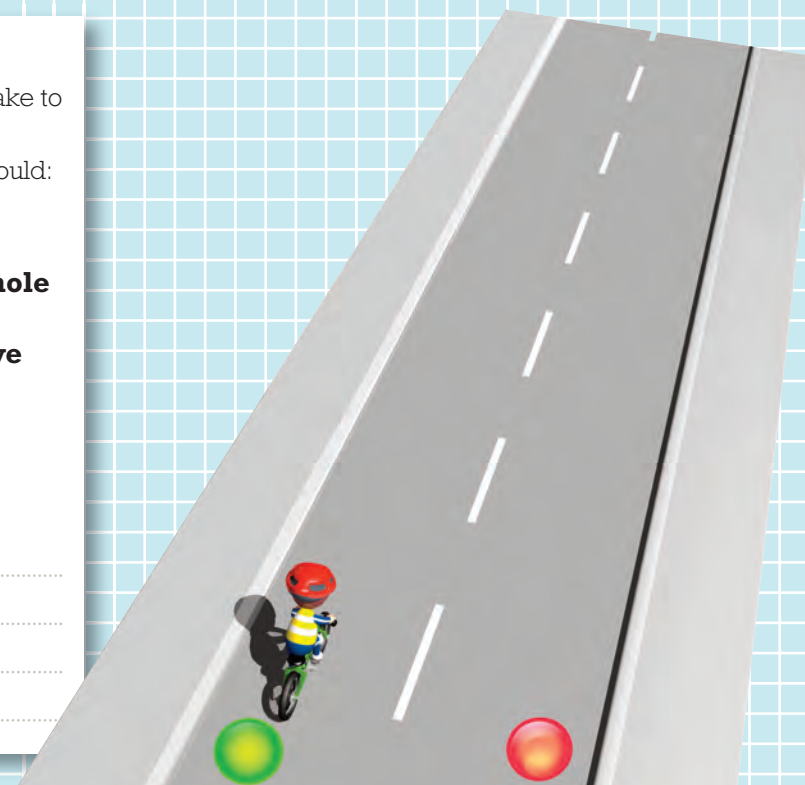
U-TURN

- 1 Draw the best line this cyclist should take to do the perfect U-Turn!
- 2 Label the image to show where he should:

- a) Look
- b) Stop if needed
- c) Make manoeuvre using the whole width of the road
- d) After making manoeuvre, move back to Secondary Position

PLAN B

What if a car is coming towards you?



OVERTAKING PARKED CARS...

- 1 Draw the best line this cyclist should take to overtake the parked cars.
- 2 Label the image to show where he should:

- a) Look
- b) Move into a Primary Position
- c) Make manoeuvre
- d) Leave door's width
- e) Move back to Secondary position

Don't forget to look in the car!

PLAN B

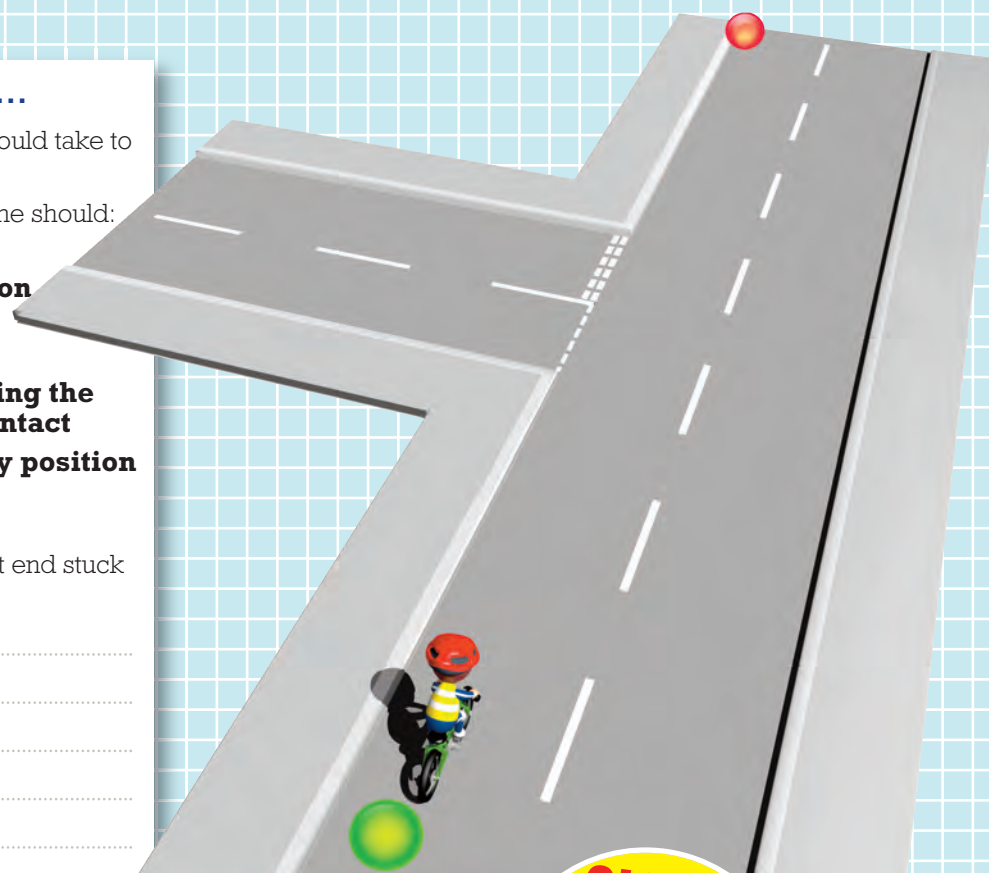
What if it's a narrow road and a car starts to come the other way?

PASSING A SIDE ROAD...

- 1 Draw the best line this cyclist should take to ride past a side road.
- 2 Label the image to show where he should:
 - a) Look
 - b) Move into Primary Position
 - c) Look into the side road to see if anything is coming
 - d) If there is a car approaching the junction, try to make eye contact
 - e) Move back into secondary position

PLAN B

What if a car is waiting with its front end stuck out too far?



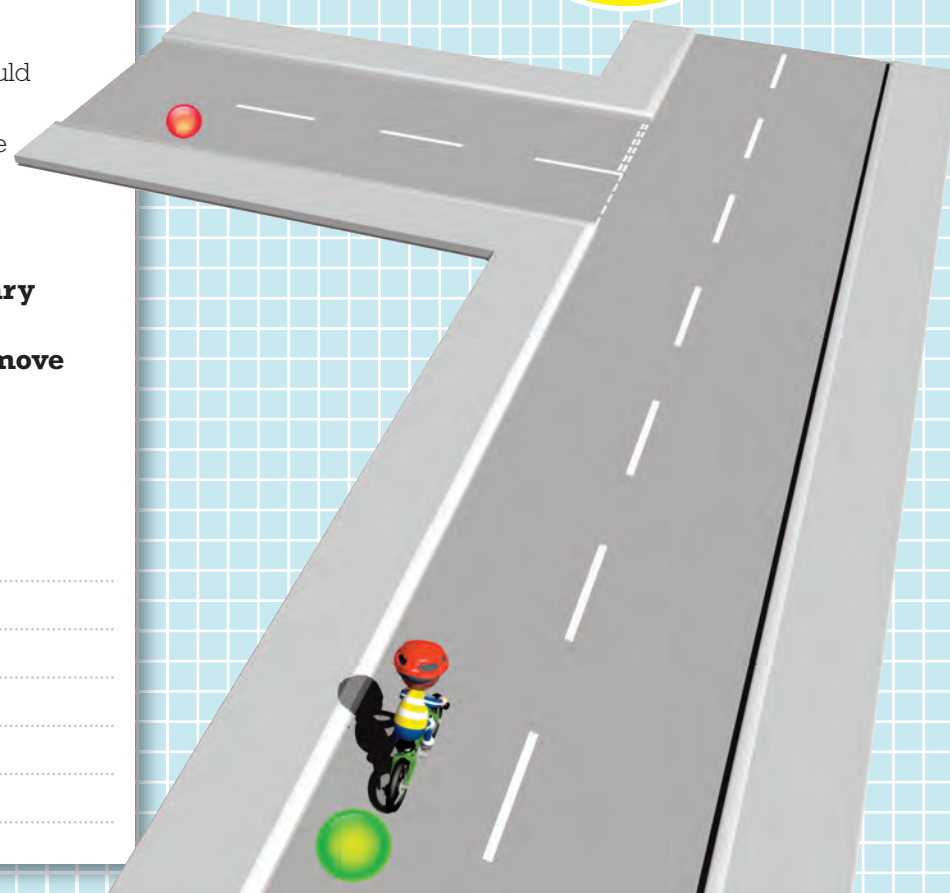
CLEAR SIGNALS!
Remember to give a clear signal so other road users know where you are planning to go.

LEFT TURN FROM MAJOR TO MINOR...

- 1 Draw the best line this cyclist should take to do the perfect left turn!
- 2 Label the image to show where he should:
 - a) Look
 - b) Signal (if needed)
 - c) Make manoeuvre in Primary Position
 - d) After making manoeuvre move back to Secondary Position

PLAN B

What if a car is waiting to turn right?

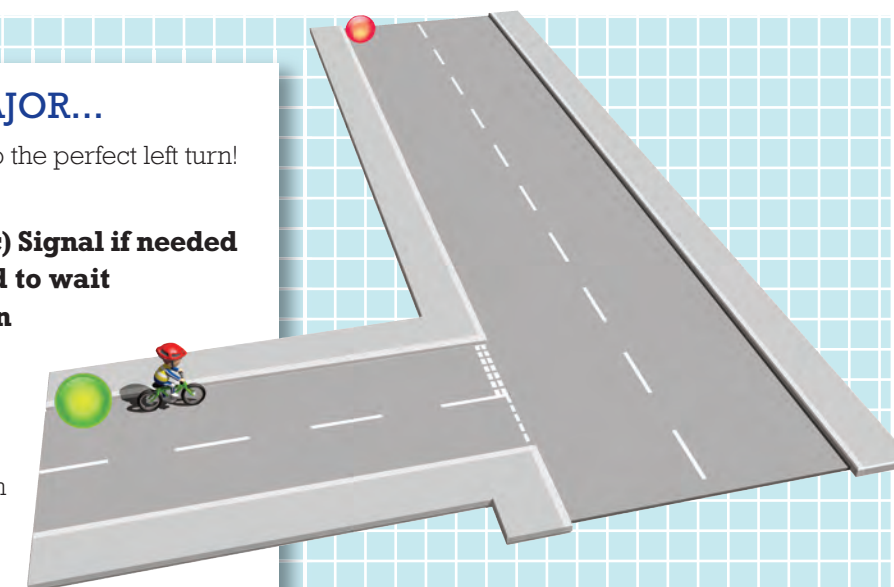


LEFT TURN FROM MINOR TO MAJOR...

- 1 Draw the best line this cyclist should take to do the perfect left turn!
- 2 Label the image to show where he should:
 - a) Look
 - b) Move into Primary Position
 - c) Signal if needed
 - d) We do not have priority and may need to wait
 - e) Make manoeuvre in Primary Position
 - f) After making manoeuvre, move back to Secondary Position

PLAN B

What if a car comes behind you and wants to turn left too?

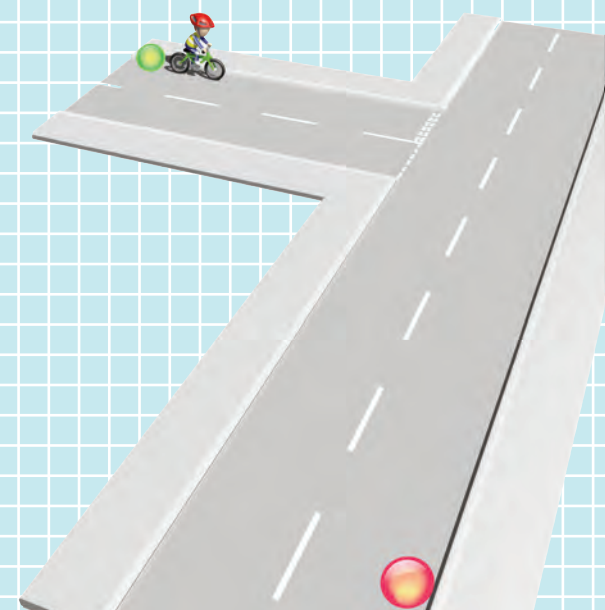


RIGHT TURN FROM MINOR TO MAJOR...

- 1 Draw the best line this cyclist should take to do the perfect right turn from a minor to a major road.
- 2 Label the image to show where he should:
 - a) Look
 - b) Move into Primary Position
 - c) Signal if needed
 - d) We do not have priority and may need to wait
 - e) Make manoeuvre in Primary Position
 - f) After making manoeuvre move back to Secondary Position

PLAN B

What if a car is coming down the major road?



RIGHT TURN FROM MAJOR TO MINOR...

- 1 Draw the best line this cyclist should take to do the perfect right turn!
- 2 Label the image to show where he should:
 - a) Look
 - b) Move into Primary Position
 - c) Signal if needed
 - d) Move towards the white line
 - e) We do not have priority and may need to wait, though we should have priority over traffic coming out of the minor road, but be careful
 - f) Turn into Primary Position
 - g) After making manoeuvre move back to Secondary Position

PLAN B

What if a car is waiting to turn right into the main road?

What if a car is waiting to turn left into the main road?

