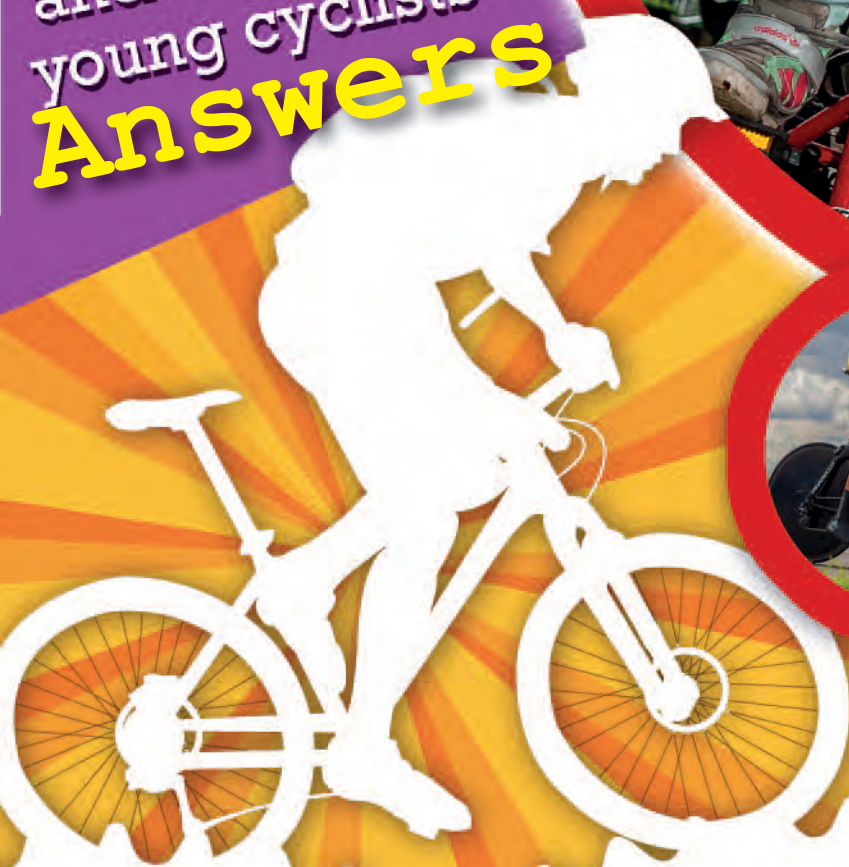


Right TURN



Cool activities
and info for
young cyclists
Answers



Intro

These are the answers for our cycling activity book 'Right Turn'. As you will see not every page is mentioned as some of the sections do not require answers. Other questions need a personalised answer.

Page 2-3



What bike?



Mountain bike



BMX style bike

What are gears used for?

Gears make it easier or more difficult to pedal, which can be great for setting off and hills.

How can you safely carry things like your school books whilst riding your bike?

You should never balance your bag on your handlebars. If you do need to carry items choose a suitable bag which you could safely carry whilst cycling. Even better you could get a bag which has been designed especially for cyclists – some of these attach to the frame of your bike. Pack your bag evenly so it doesn't affect your balance.

Down your street

Which side of the road?

You always cycle on the left hand side of the road in the UK!

Which other road users should you be especially patient with?

This could encourage many "right answers" we were particularly thinking of pedestrians!

2-WHEELED CROSSWORD



Know your bike



Know your bike...

Take a second look!

Every cyclist must know what all the parts of the bike are called or there could be BIG problems - so let's test **you** out! Just write in the box to the right what each part of the bike is...what could be easier?

1. Saddle
2. Frame
3. Handlebars
4. Brakes
5. Light
6. Brake cable
7. Brakes
8. Front fork
9. Sprocket
10. Pedal
11. Spokes
12. Tyre
13. Reflector



Spot the faults

A. The saddle is damaged

This is not only uncomfortable to sit on but also potentially dangerous.

B. The front brake cable has snapped

If only your back brake is working you're likely to skid.

C. The pedal is missing

This makes it impossible to pedal correctly.

D. The front tyre is flat

The handling and braking of a bike is affected even when a tyre is slightly under-inflate.

E. The rear reflector is broken

The law says you must have a rear relector. You need it so motorists can see you when it's getting dark.

The Tour De France



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

Bradley Wiggins in 2012 who also won an Olympic Gold in the same year.



Get the gear

Fluorescent means high visibility bright material (usually orange or yellow).

Reflective means material which reflects light such as car headlights.

Match the pictures



Riding with attitude



So what's wrong?

1. Hood up - blocking vision
2. Headphones in - unable to hear other traffic
3. Hand off handlebar and holding his phone
4. Looking at phone - taking eyes off the road
5. Wearing dark clothes - can't be easily seen
6. No front light - so cannot be seen in the dark
7. Loose fitting trousers that could catch the chain
8. Shoe laces undone that could catch in the chain
9. Key chain is loose which could catch in the back wheel.
10. Not wearing a helmet.

Rules of the road

Some of the topics that could be mentioned are:

Outside school

Be particularly careful of pedestrians and cars that are parked badly and can pull out unexpectedly.

On the school grounds

They may have to push their bike. should look out for parked cars moving away and to keep their own speed down if cycling.

When you're out with your mates

The rules here will probably relate to avoiding peer pressure to show off on the road and also to be considerate to other cyclists in the group.

When it's dark

Have lights, reflectors and wear bright / reflective clothes!

When it's been raining

Keep your speed down, wear appropriate clothing.



Vital signs

This section gives the opportunity to look at road signs and lines and also to see how they relate to the real world of the roads. Planning a safe route is also connected to the topic.



Cycle lane - the part of the road just for cycles.



Advanced stop area - these are at pelican crossings where cyclist can wait in a box ahead of other traffic.



Warning - cyclists! - this tells other road users to look out for you when you're on your bike!



Give Way - this means you must give priority to other vehicles on the road.

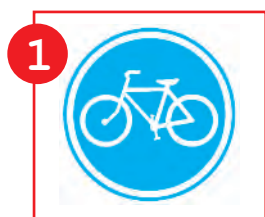


Give Way lines - these always accompany a Give Way sign.



Cycle lane - this is part of the road itself which is for the exclusive use of cyclists.

The way to go!



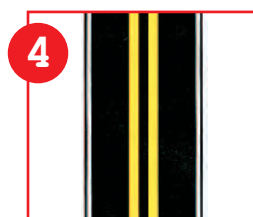
Cycle route



Crossroads



School keep clear markings



No parking



20 mph limit



Zebra crossing



Children crossing



Give Way

Route Planner



Plan your route

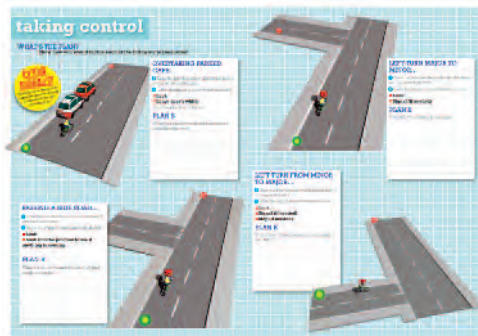
The exercises in this activity are open to interpretation as they are designed to get the children to think and discuss the issues involved.

We have indicated the most obvious route and made some suggestions where signs and lines could go and what some of the dangers might be.

Watch out for dangers!

We have indicated seven dangers here (the children only need to find five) but there are many others which they may wish to discuss.

- X Shops - cars stopping suddenly, park in the cycle lane and can pull away suddenly.
- X Petrol station - lots of traffic coming and going.
- X Cars parked on cycle lane.
- X Driveway - vehicles may reverse out and not see cyclists.
- X Crossroads - traffic coming from several directions.
- X Roadworks - narrows the road meaning cars could appear on your side of the road.
- X Outside the school gates - where the amount of traffic and pedestrians can cause major problems for cyclists.



P16-18

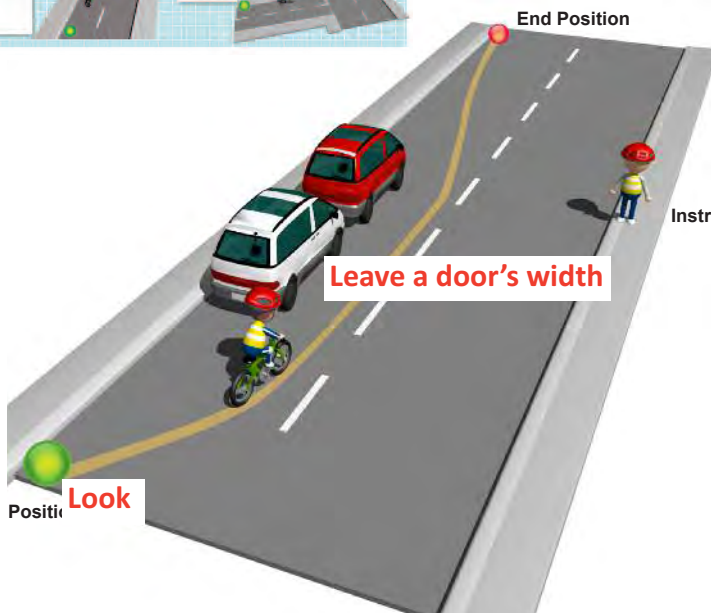
Taking control

Overtaking parked cars

Plan B

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

- If the road isn't wide enough for both of you to pass safely you should slow down and stop to allow the car to pass (they have right of way).
- Stop in a position which means you can still be seen by the driver. Don't end up too near the kerb or too close to the parked car.

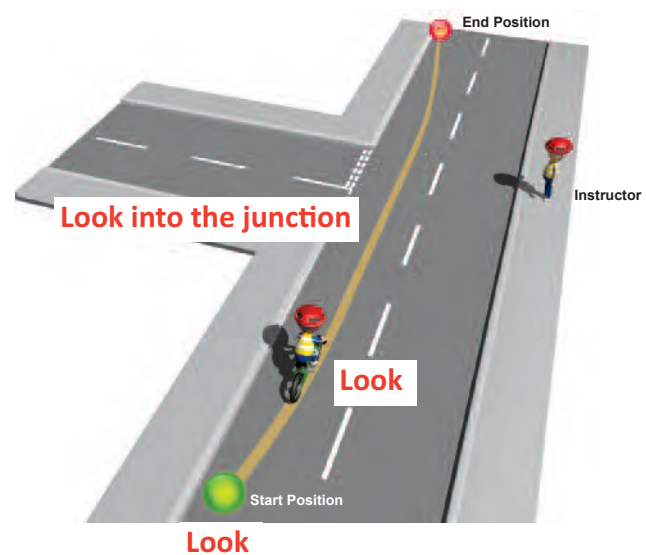
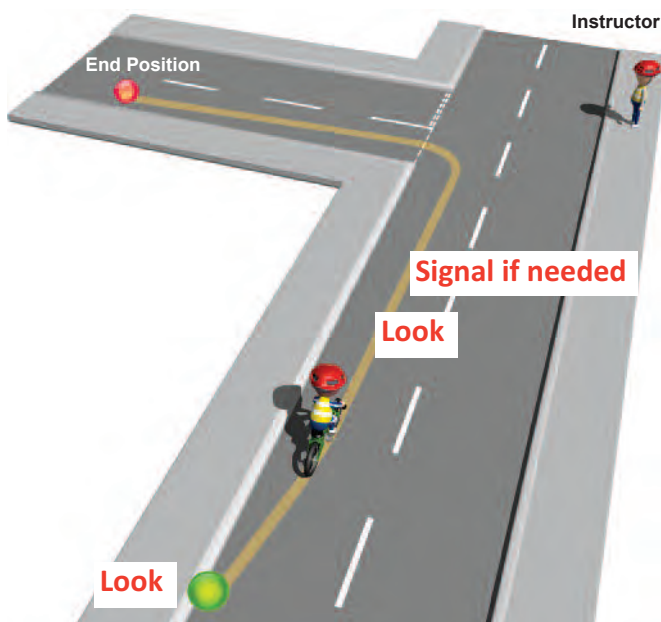


Passing a side road

Plan B

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

- Slow down on the approach to the junction.
- Make eye contact with the driver. If you are sure the car is going to let you pass then allow plenty of room, however also be aware of traffic coming in the other direction.
- If you are unsure be prepared to stop. If you feel in danger at any point pull over to the left and dismount safely.



Left turn major to minor

Plan B

What if a car is waiting to turn right?

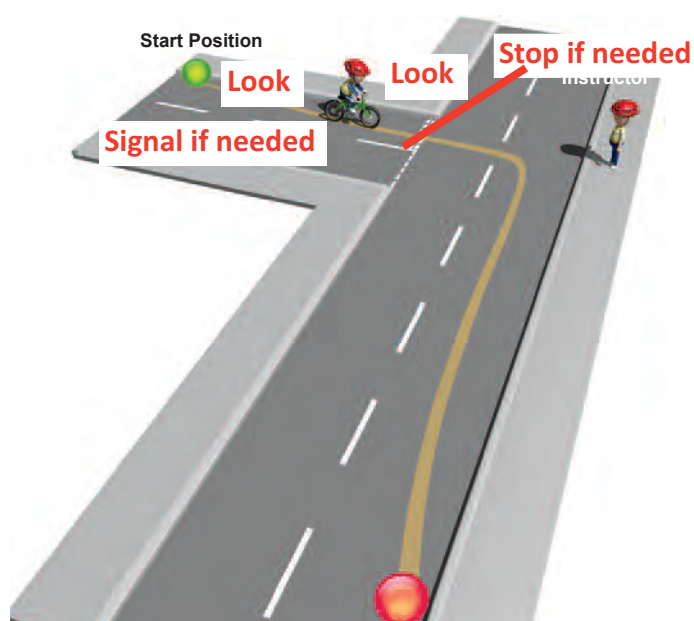
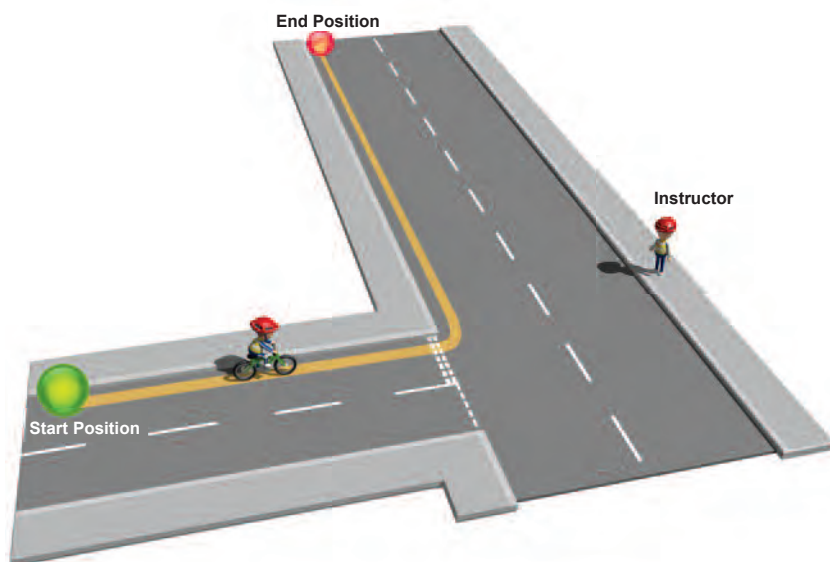
- A car that is waiting to turn right should not cause you any problems if you both maintain sensible road positions.
- Make eye contact with the driver and make sure they know your intention to turn left by giving a clear hand signal.

Left turn minor to major

Plan B

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

- The car behind you should wait and let you go first. However be aware that sometimes drivers try to squeeze round cyclists.
- Maintain your road position, make eye-contact with the driver.
- Make sure they know your intentions by giving clear signals.



Right turn minor to major

Plan B

What if a car is coming down the major road?

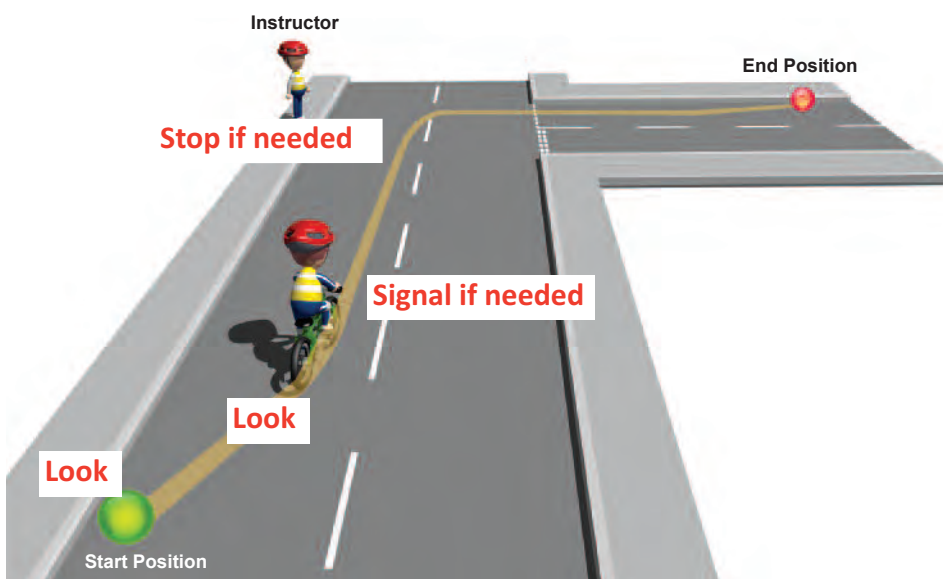
- You should wait at the give way line for the car to pass.
- Wait until it is safe before completing your manoeuvre.

Right turn major to minor

Plan B

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

- The car waiting to turn right should wait at the line and let you complete your turn.
- However always give a clear signal and make sure that the driver knows your intentions. Get eye contact and maintain a good road position.
- Always be prepared to stop quickly and under control if the car does pull out in front of you by covering your brakes and maintaining a sensible speed.



Quick quiz



Security

Name 3 ways to keep your bike safe from thieves

1. Get your postcode stamped on your bike by the police so that it is easily recovered if handed in.
2. Always lock your bike up when you leave it anywhere.
3. Take the front wheel off when you lock it up so that it's harder to take away.

Emergency!

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

999

What next?

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

Carefully dismount and push your bike along the pavement to the other side.

Be prepared!

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

This could include:

Puncture Repair Kit, First Aid Kit, Water, Snacks, Tyre levers
Spare Inner tube, Loose Change

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

You should set your right pedal in the "2 o'clock" position.

Why?

It's the easiest position to push down on the pedal and get started.

What's so good?

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

1. It's great for the environment - so petrol and no fumes!
2. It's great exercise and keeps you fit!
3. It's a good way to cut down on traffic jams!

Feeling flat?



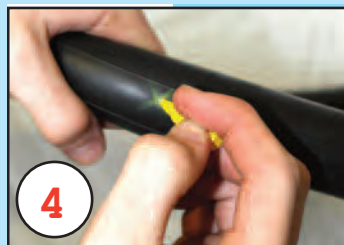
1. Remove the wheel



2. Push the tyre away from the rim



3. Slowly remove the inner tube



4. Mark the puncture



5. Roughen the surface around it with sandpaper



6. Stick the repair patch on



7. Put the tyre back on the rim and back on to the bicycle