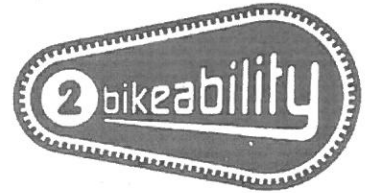


LEVEL 2 BIKEABILITY CYCLE TRAINING COURSE



Children attending the course **must**

- be 10 years of age (by 31 August this school year) or older,
- have a cycle in road worthy condition and
- have a properly adjusted cycle helmet to be worn when riding.

The course consists of 5 daily sessions (1 of 2 hours and 4 of 75 minutes).

The first session consists of a cycle check, and an assessment of riding skills on the playground.

Participants must reach the required standard in cycle control in order to proceed to the on-road riding sessions that follow.

On days **2, 3, 4** and **5** sessions consist of basic manoeuvres at local road junctions. These include left and right hand turns and over taking parked vehicles.

This course is designed to **improve** cycle control and introduce children to riding on the road, not teach them to ride a bike. Please note that only children who reach the required standard by the end of the course will receive a certificate of competence.

Parents can help their child progress through the course by giving support **beforehand**. They can:

- check their child is able to :
Start and stop safely, ride in a straight line, use their gears & control their cycle when looking behind and when signalling.

Children will not be allowed to continue on road if they are unable to do this.

- Adjust the cycle helmet to fit correctly.
- Check that the cycle is roadworthy (the notes for parents on checking cycles give further information)
- Ensure children study and **learn pages 14 - 19 and 24 - 29 of the Highway Code for Young Road Users** as questions relating to this will be asked throughout the course.
- Advise the instructor if their child has special needs or there is anything they need to be aware of.
- Provide suitable clothes for their children to wear when riding as they will still go out if the weather is wet or cold. Gloves are ideal for keeping hands warm.

INFORMATION ON CHECKING CYCLES

Parents should check their child's cycle before the start of the course. **If, in the opinion of the instructor, the cycle is not in a road worthy condition, trainees will not be allowed on the course.** Faults are often easily put right but occasionally a new part is required. We should therefore like to draw your attention to the following:

MECHANICAL CONDITION

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

FITTING

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. If feet are flat, raise the saddle. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

SADDLE

The saddle should be at a comfortable height for the rider (see above) and the safety mark on the stem should not be visible. Check the saddle nuts are fully tightened.

HANDLEBARS

In most cases, the handlebars should be roughly the same height as the saddle and they should not move independently of the front forks. The safety mark on the stem should not be visible.

WHEELS

Spin the wheels gently one at a time. They should spin freely without rubbing against the forks or brakes, and they should not wobble from side to side. Always check that the wheel nuts or quick release levers are fully tightened before you ride your bike.

Ensure that no spokes are missing.

TYRES

As on cars, worn tyres can kill. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure (shown on side wall). Check them before you ride by pinching the sides of the tyre together. If they squash easily the tyre should be pumped up.

BRAKES

Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. When sitting on the saddle the rider must be able to operate the brake levers without taking their hands off the handlebars. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.

Brakes should be checked every time before you ride. Stand by the bicycle, apply the front brake and try to push the bicycle forwards. If the front wheel turns then the brake is not working properly. Repeat this test with the rear brake. Look at the brake blocks. They should grip the side of the wheel rim exactly (not the tyres) when the brake levers are applied. If the brake blocks are worn down they should be replaced. Check that the cables are not frayed.

FRAME/FORKS

Cracks and fractures in the frame can be very dangerous. If you find cracks you **must not ride the bicycle**. Also make sure there is no serious rusting on the frame.

CHAIN

Oil the chain about once a month.

A loose chain may come off, get caught in the wheels and throw the rider off the bike. On BMX or single gear bikes check it by placing a pencil under the bottom part of the chain and lifting it. If the chain lifts more than 2cm it is too loose. Note that this test does not work for derailleur gears i.e. the most common gear system.

GEARS

Gears cogs easily get clogged up with dirt so keep them clean. Check the cables for fraying. Ensure that using the gear shift actually changes the gear and enables the rider to access all the gears.

PEDALS

The pedals should spin freely be undamaged. They should be fitted with amber pedal reflectors.

REFLECTORS

Bicycles **must** have a **red rear reflector**. Ensure this is positioned correctly and not hidden by mudguards, carriers or clothing. They should also have a white front reflector, amber reflectors on the pedals and white or amber reflectors on the spokes. Keep the reflectors clean – they do not work when dirty, and make sure they don't work loose.

LIGHTS (if fitted)

When ridden at night, a bicycle **must** have a red rear light and a white front light that shine brightly. Check them before going out; if the light is dim, change the batteries.

BELL

We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.

BEING SEEN

Many accidents involving cyclists occur because a driver fails to notice the rider. Cyclists must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.

BEING SAFE

Trainees must wear their own cycle helmet at all times during the course. It should conform to BS EN 1078:1997 or equivalent. It is essential that it fits snugly and is worn correctly. Help your child to adjust it properly.



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