

ON ROAD CYCLE TRAINING

A guide to safer cycling

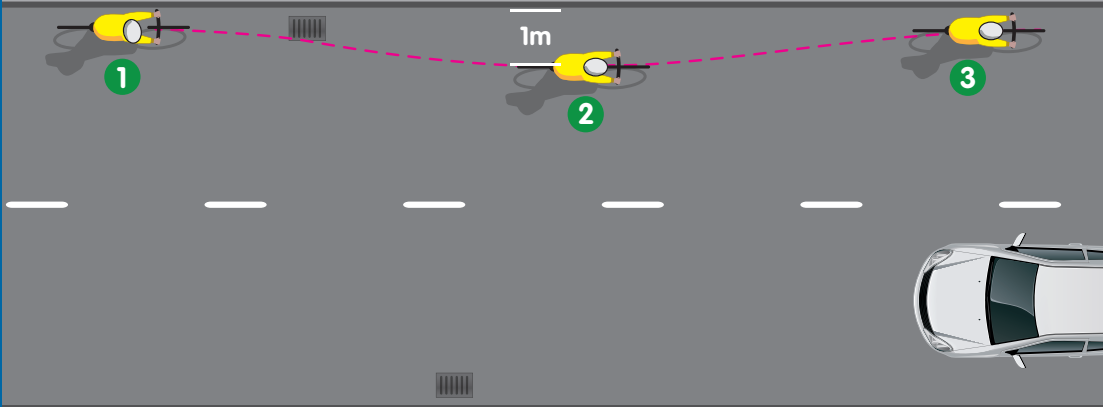


On road cycle training

A guide to safer cycling

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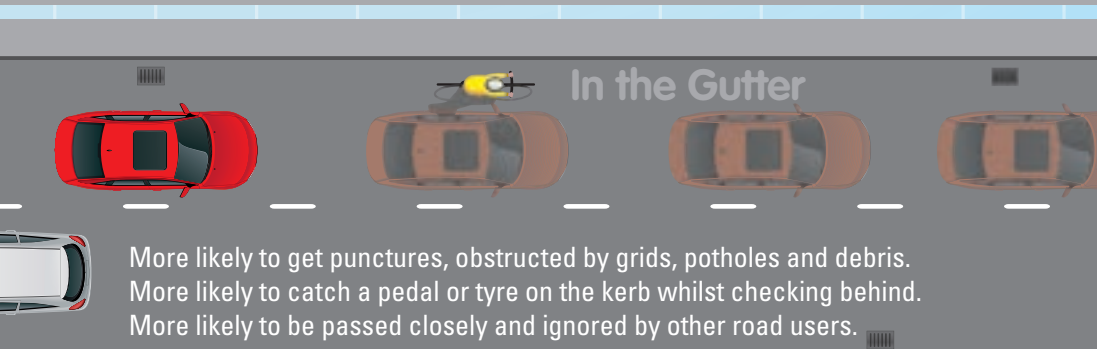
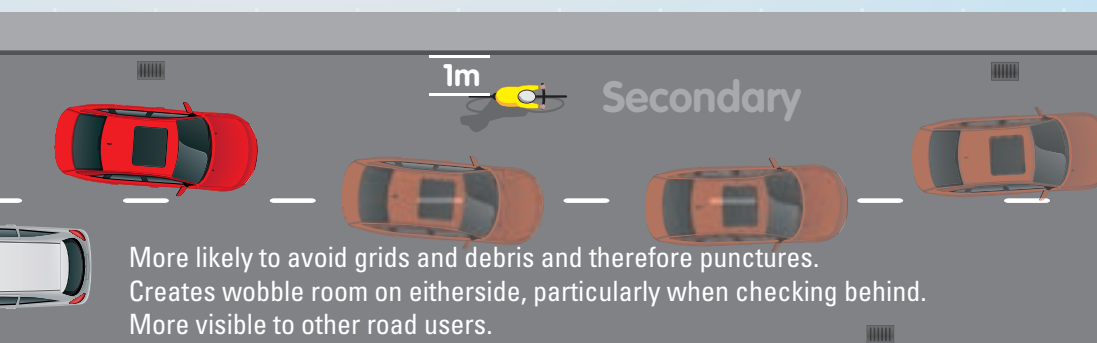
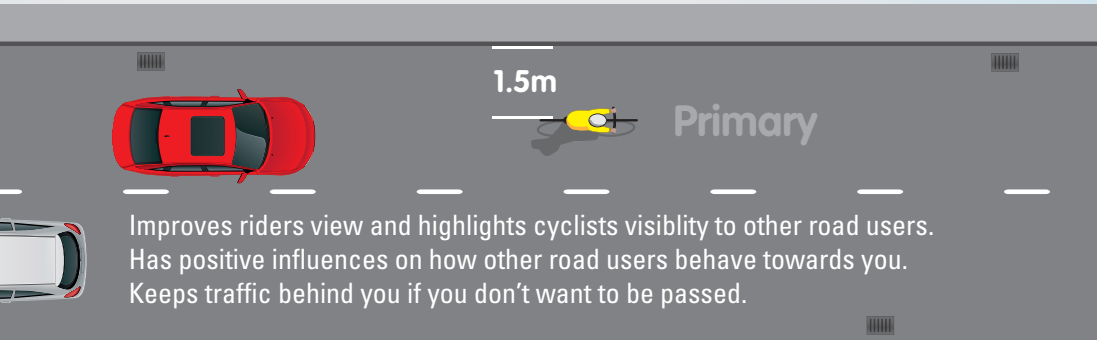
Starting and finishing your journey



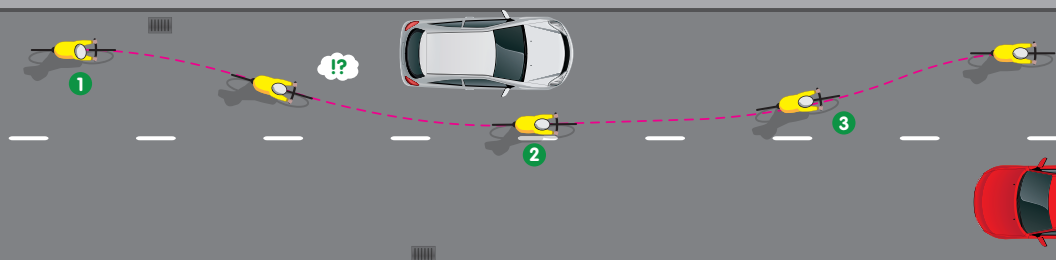
- 1 Find a suitable place to start**, preferably away from parked cars and side roads, have a clear view of the road in both directions.

Only when it is safe, place your bike in the road next to the kerb, get on the bike ready to set off. Check behind and set off when safe to do so and you are ready.
- 2 Move out into the secondary position** (Approximately 1 metre from the kerb), continue to be aware of your surroundings, check behind you before you slow down and stop.
- 3 Stop next to the kerb.** Dismount onto the pavement. Lift your bike out of the road.

Road positioning



Passing parked vehicles

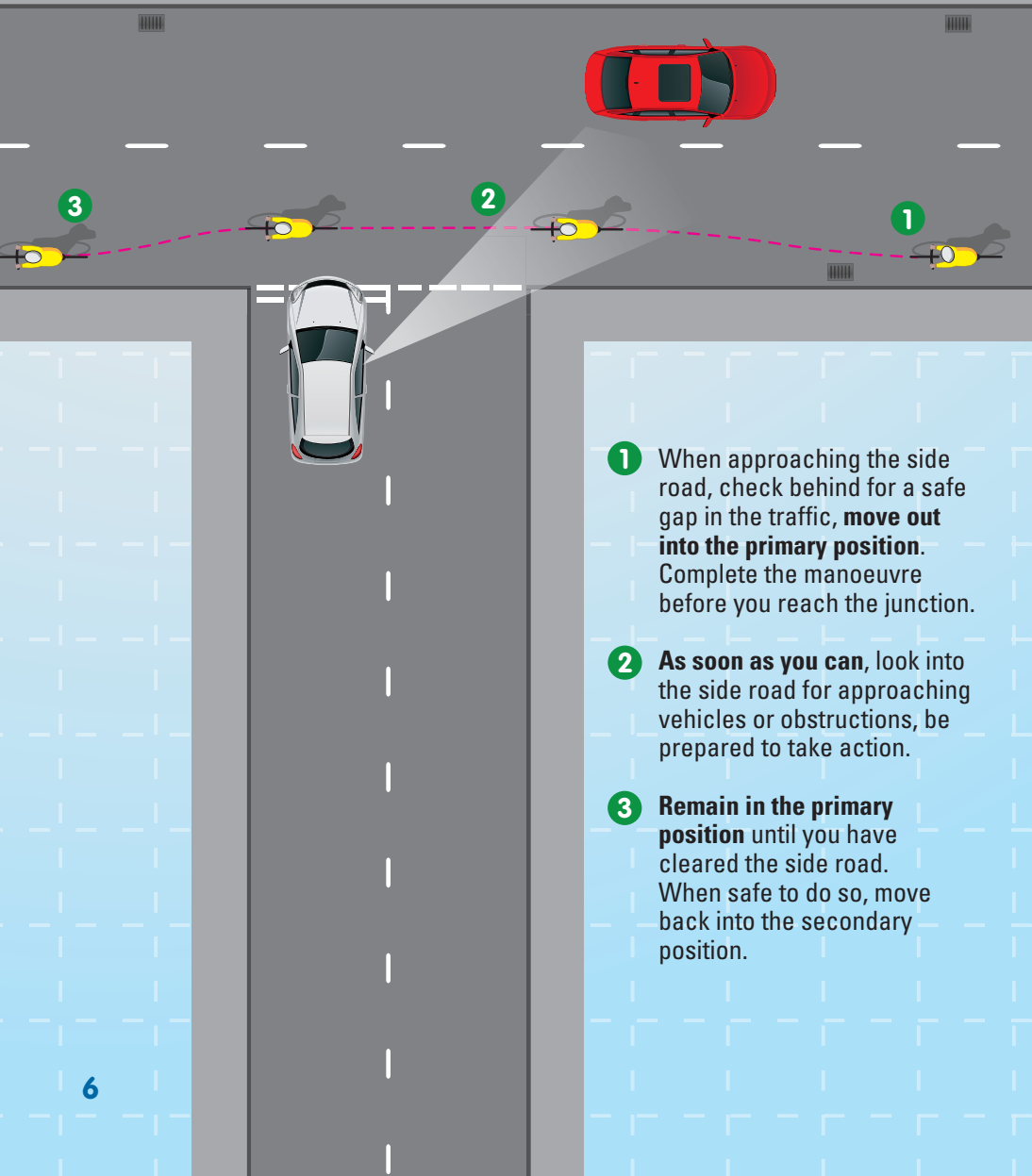


- 1 **Check behind you** for a suitable gap in the traffic, when you feel it is safe, move out into your primary position. Ensure this manoeuvre is completed before you are too close to the vehicle.

As you approach the parked vehicle, **be aware for potential hazards**, is the car occupied, could the door be opened, are they indicating to move off, is the engine running. Be prepared to take action to avoid an incident **and keep a safe distance from the vehicle when overtaking, a car door width is advised.**

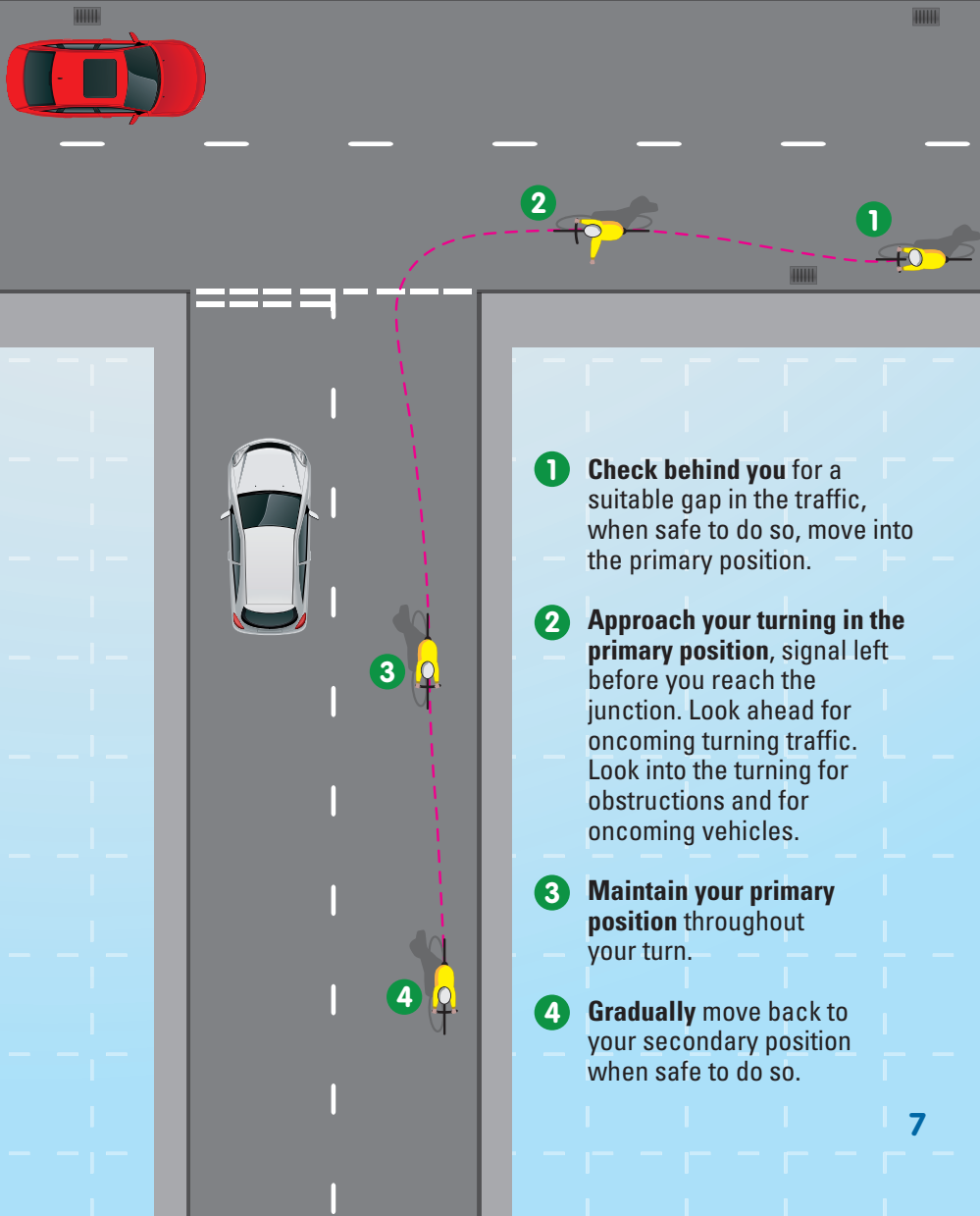
- 2 **To keep traffic behind you**, remain in the primary position until approximately one car distance in front of the parked vehicle.
- 3 **Gradually** move back into your secondary position.

Passing a side road

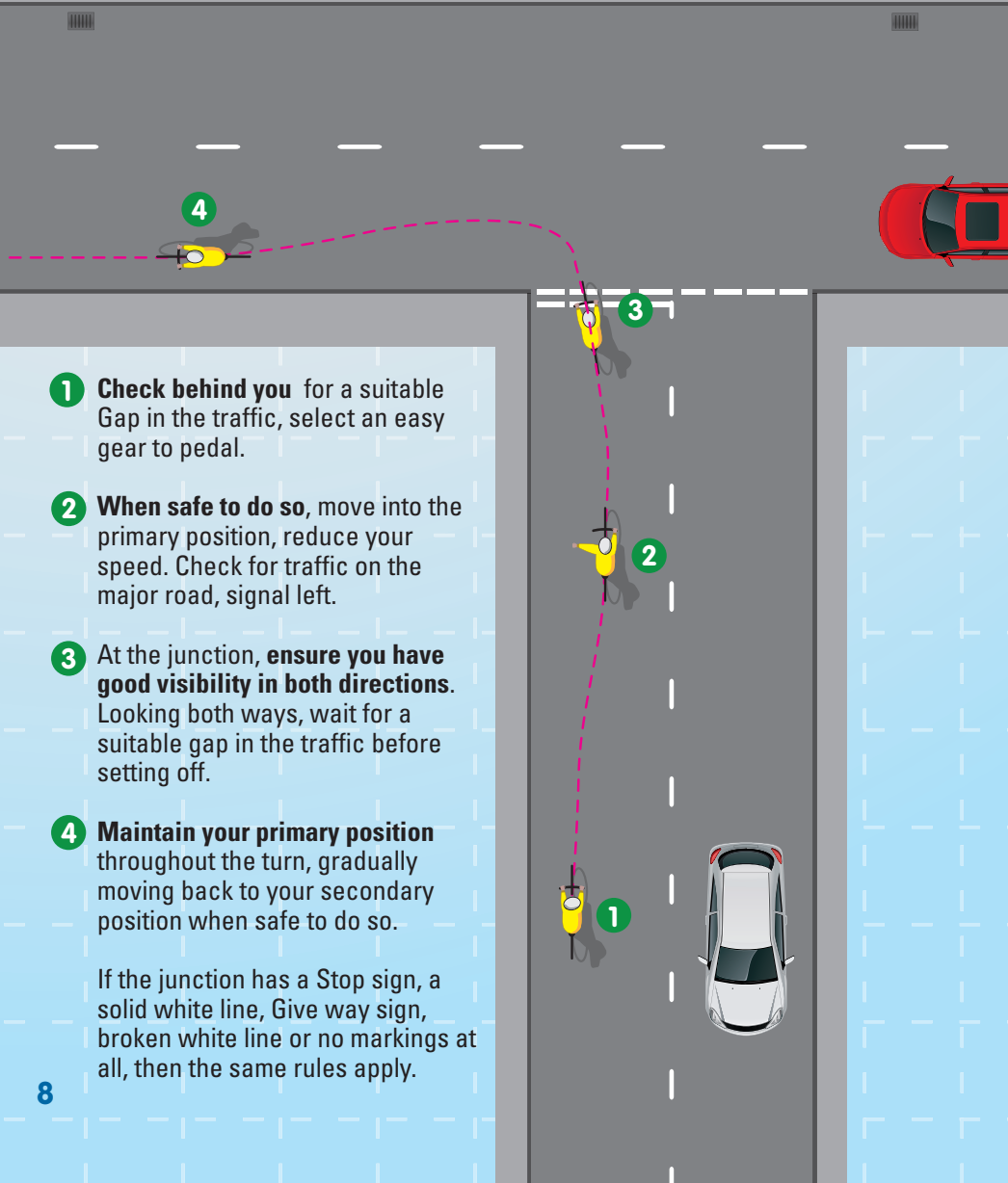


- 1** When approaching the side road, check behind for a safe gap in the traffic, **move out into the primary position**. Complete the manoeuvre before you reach the junction.
- 2** **As soon as you can**, look into the side road for approaching vehicles or obstructions, be prepared to take action.
- 3** **Remain in the primary position** until you have cleared the side road. When safe to do so, move back into the secondary position.

Turn left from a major to a minor road



Turn left from a minor to a major road



1 Check behind you for a suitable Gap in the traffic, select an easy gear to pedal.

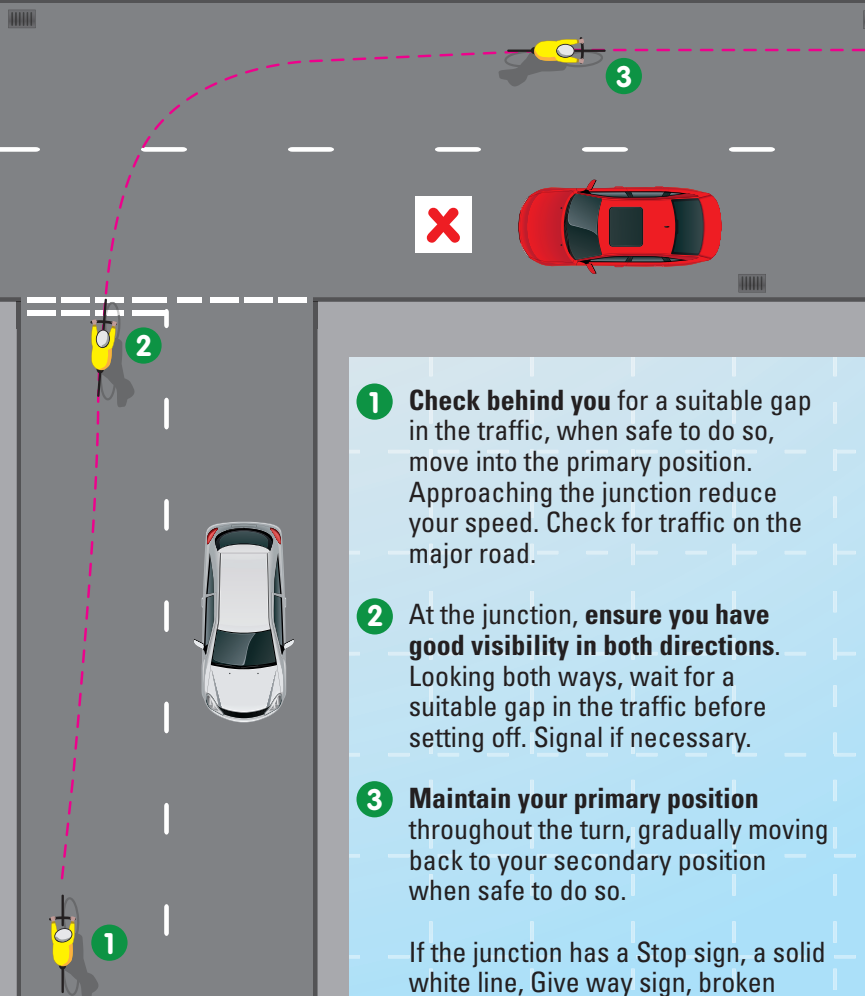
2 When safe to do so, move into the primary position, reduce your speed. Check for traffic on the major road, signal left.

3 At the junction, ensure you have good visibility in both directions. Looking both ways, wait for a suitable gap in the traffic before setting off.

4 Maintain your primary position throughout the turn, gradually moving back to your secondary position when safe to do so.

If the junction has a Stop sign, a solid white line, Give way sign, broken white line or no markings at all, then the same rules apply.

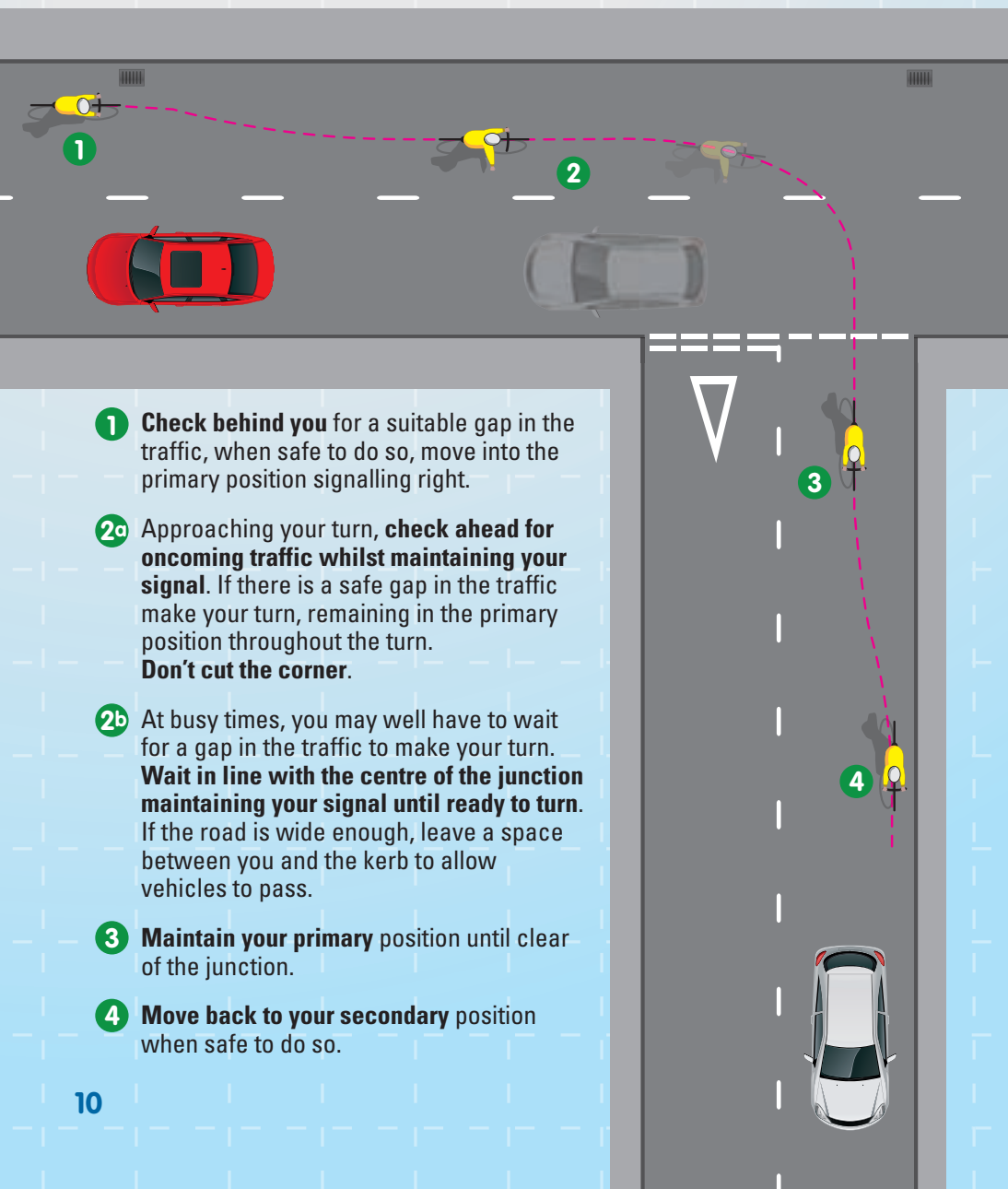
Turn right from a minor to a major road



- 1 Check behind you** for a suitable gap in the traffic, when safe to do so, move into the primary position. Approaching the junction reduce your speed. Check for traffic on the major road.
- 2 At the junction, ensure you have good visibility in both directions.** Looking both ways, wait for a suitable gap in the traffic before setting off. Signal if necessary.
- 3 Maintain your primary position** throughout the turn, gradually moving back to your secondary position when safe to do so.

If the junction has a Stop sign, a solid white line, Give way sign, broken white line or no markings at all, then the same rules apply.

Turn right from a major to a minor road



1 Check behind you for a suitable gap in the traffic, when safe to do so, move into the primary position signalling right.

2a Approaching your turn, **check ahead for oncoming traffic whilst maintaining your signal.** If there is a safe gap in the traffic make your turn, remaining in the primary position throughout the turn.
Don't cut the corner.

2b At busy times, you may well have to wait for a gap in the traffic to make your turn.
Wait in line with the centre of the junction maintaining your signal until ready to turn. If the road is wide enough, leave a space between you and the kerb to allow vehicles to pass.

3 **Maintain your primary** position until clear of the junction.

4 **Move back to your secondary** position when safe to do so.

Traffic lights

Always STOP
for red lights

Never utilise
footpaths/verges
to cut across junctions

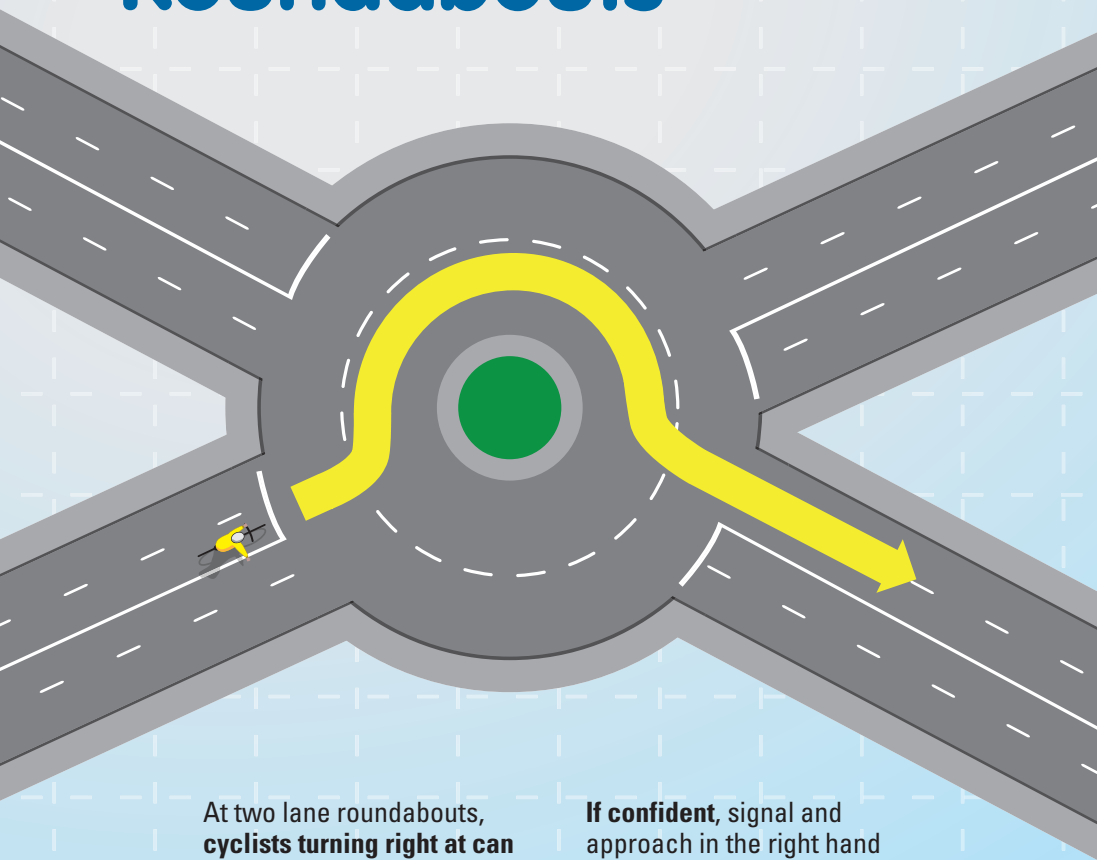


When approaching a green light **be aware that it may change**, be ready to stop. Change to an easier gear before stopping.

When approaching a **red light be aware that it may change**, be ready to continue your journey, again changing into an easier gear as you approach. If making a turn, signal your intentions ! If there is an ASL (Advanced Stop Line) and it is easily accessible, stop your bike centrally in the bay. If there is an unobstructed cycle path leading to the ASL, proceed along the cycle path towards the ASL, be aware that the light sequence may change and traffic may begin to move and potentially turn into your path.

If traffic is backed up and there isn't a cycle path, or the cycle path is obstructed, queue with the stationary traffic **in the primary position**.

Roundabouts



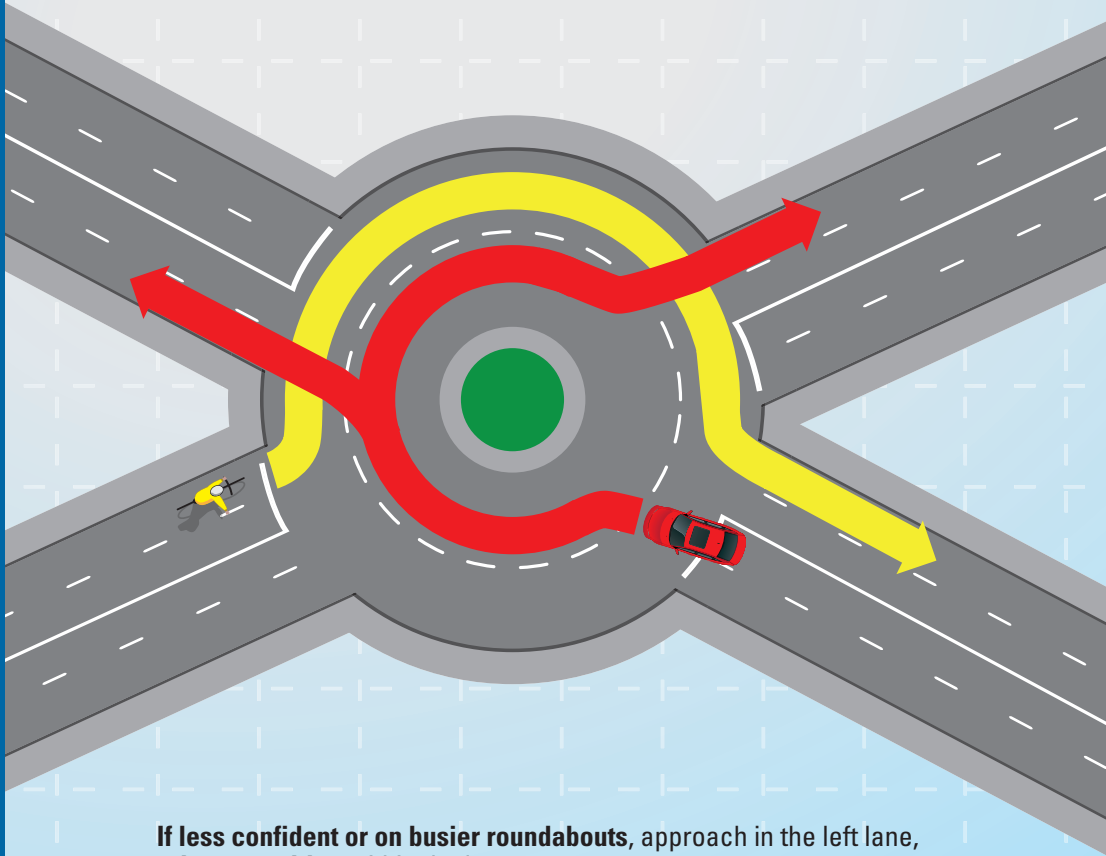
At two lane roundabouts, **cyclists turning right at can use either lane.**

As you approach, **select an easier gear.**

If confident, signal and approach in the right hand lane, continue around the roundabout, signalling and **being visually aware of other road users**, particularly when ready to exit.

Cyclists turning left or continuing straight on should remain in the left lane.

Signal your intentions clearly and early.



If less confident or on busier roundabouts, approach in the left lane, **primary position** within the lane.

As you approach, **select an easier gear**.

Signal and be **aware of other road users**, look out for traffic entering and exiting the roundabout, particularly when you are ready to exit.

Hold your position and be aware of other road users.

Clothing and equipment

Clothing

Cycling can be carried out in non specific clothing, however certain apparel will make your experience safer and more enjoyable.

Helmet - should adhere to EN 1078 standard.

Bright colours during the day will allow you to be seen more easily.

Reflective clothing during the night will allow you to be seen more clearly.

Waterproof clothing will help to keep you dry.

If travelling a longer distance breathable clothing will remove sweat from the body.

For trousers, a slap wrap or trouser clips will keep your pants cleaner and away from moving parts.

Equipment

Certain equipment is a legal requirement for a bicycle, whereas other equipment will ensure your bicycle remains safe and in good working order

Front light – positioned in the centre of the handlebars or slightly to the offside.

Rear light positioned in the centre of the seat post or slightly to the offside of the bike.

Front white and rear red reflectors.
Orange reflectors to the pedals.

A bell, positioned in an easily accessed position.

A lock if leaving your bike unattended for any time.

Mudguards will help keep road debris and spray from your clothing and bike.

If travelling any distance, water and food may be advisable for your journey.

Correct spare inner tube, puncture repair kit, tyre levers, multi tool and knowledge of how to use them will enable roadside repairs.

be safe be seen

Basic Do's and Don'ts

Do

Ride in an appropriate manner, abiding by the highway code at all times.

Only cycle on approved cycle routes, roads, cycle paths, green lanes, bridleways, towpaths.

Ensure your bike is in a road worthy condition.

Wear appropriate clothing for the conditions.

Ensure appropriate lights and reflectors are fitted.

Enjoy riding your bike.

Communicate with road users, see and be seen.

Don't

Wear headphones, particularly when cycling on the road.

Ride in an erratic, careless manner.

Ride on inappropriate routes, footpaths.

Ride at night or in poor visibility without lights, reflectors or wearing dark clothing.

Ignore traffic markings, signals or road layout.

Hug the kerb.

Let other road users bully you.

Swerve or ignore your surroundings when making a manoeuvre.



The National Cycling Charity

www.ctc.org.uk

The National Cycling Charity, championing the cause of cycling for over a century, promoting all forms of cycling, protecting the interests of existing and would-be cyclists, and inspiring people of all ages, backgrounds and abilities to discover the joys of cycling.



Sefton Active Travel

www.activetravelsefton.co.uk

Active Travel is all about getting you out and about walking and cycling in your local area. We offer lots of fun activities designed to help you lead a healthier, more active lifestyle. Whether you walk, cycle or hop on the bus or train, Active Travel is your map to keeping active!



Sefton Active Cycling

www.sefton.gov.uk/around-sefton/walking-cycling.aspx

Providing useful information regarding cycling activities and cycling routes within Sefton, how to get involved in local cycling decision making, rights of way access information, cycle hire and cycling groups within the borough.



Sefton Travel Mobile App

www.sefton.gov.uk/parking,-roads-travel/sefton-travel-team/sefton-travel-mobile-app.aspx

A mobile journey planning app created by Sefton Travel Team to promote sustainable travel choices in Sefton, the apps primary focus is to improve access to education and employment opportunities by walking, cycling and public transport and is available free for iOS and android devices.