

# BIKE START

## Level 1 - Cycling Training Programme

### INFORMATION

#### WEATHER HAZARDS

- Snow or sleet
- Wind
- Rain
- Fog
- Bright sunlight
- Ice or frost patches



#### ROAD SURFACE HAZARDS

- Holes in the road / uneven surface
- Manhole covers or gratings
- Mud on the road surface
- Oil or grease on the road surface
- Broken glass
- Ridges
- Road camber
- Gravel or loose chippings
- Road under repair
- Wet leaves

#### HAZARDS FROM OTHER ROAD USERS

- Pedestrians rushing into the road
- Turning vehicles
- Children playing
- Animals on the road
- Traffic passing too close
- Sudden manoeuvres by heavy goods vehicles and buses
- Parked vehicles about to move or with doors opening



# TEN GOLDEN RULES FOR SAFER CYCLING



Wear bright clothes so that you can be easily seen



Always wear a cycle safety helmet



Know your 'Rules of the Road'



Don't play games or trick cycling on the road



Look ahead for uneven road surfaces and either avoid them, or ride over them carefully



Notice what other traffic is doing and be ready to take action if necessary



Always ride at a speed which allows you to slow down or stop in time to avoid a hazard



Look and signal before manoeuvring to avoid a hazard



If you aren't sure what to do when faced with a hazard, stop and get off your bicycle



The most important rule of all  
**KEEP ALERT**  
to avoid hazards at all times








**THESE TIPS COULD SAVE YOUR LIFE**



# MAIN CAUSES OF ACCIDENTS

Road user error plays a part in 95% of all traffic accidents.

These are the seven most common cycling accidents.

- 1** Cyclists turning right into side road, motorist going straight ahead.  

- 2** Cyclists emerging from footpath, motorist going straight ahead.  

- 3** Cyclists emerging from side road, motorist going straight ahead.  

- 4** Cyclists and motorist going straight ahead on the same road.  

- 5** Motorist emerging into the path of cyclist going straight ahead.  

- 6** Cyclists running into a parked vehicle. Driver opening car door in front of cyclist.  

- 7** Motorist turning into side road, cyclist going straight ahead.  


For young cyclists playing, doing tricks, travelling too fast and general loss of control are also important causes of accidents.

**Remember a bicycle IS NOT A TOY – BE SAFE, BE SENSIBLE.**

Take time to plan your journey to avoid hazards – the shortest route is not always the safest.

# TEST SHEET 3

NB: you will need to have read MODULES 1, 2 & 3 INFORMATION SHEETS before answering these questions

1. If you had to brake suddenly to avoid a hazard it might not necessarily be your fault. Use the INFORMATION SHEETS to suggest three reasons why not.

(a) \_\_\_\_\_

(b) \_\_\_\_\_

(c) \_\_\_\_\_

(15 marks)

2. Name four kinds of road users who could cause hazards for cyclists.

(a) \_\_\_\_\_ (b) \_\_\_\_\_

(c) \_\_\_\_\_ (d) \_\_\_\_\_

(20 marks)

3. Which Golden Rule should you remember for each of the following situations:

(List number)

(a) You are setting off on a bicycle ride at night - Golden Rule number: \_\_\_\_\_

(b) A dog runs into the road a few metres in front of you - Golden Rule number: \_\_\_\_\_

(c) You begin to cycle down a steep hill - Golden Rule number: \_\_\_\_\_

**REMEMBER THE 10 GOLDEN RULES**

(15 marks)

4. Give the numbers of the Golden Rules that you think were broken in each of the following accidents:

(a) A boy cycled into the back of a parked car.

What Golden Rule numbers were broken?: \_\_\_\_\_

(b) A girl was injured when she fell off her bicycle whilst trying to avoid a pothole in the road

What Golden Rule numbers were broken?: \_\_\_\_\_

(10 marks)

5. What immediate action would you take if you encountered the following situation in front of you?

There is a mini-roundabout just ahead - would you...

(a) Look behind over your left shoulder as you go across it

(b) look out for hazards especially vehicles from the right as you go around it

(c) get off and carefully push the bicycle over the centre of the roundabout

(d) press hard on the front brake to slow down

Tick the correct answer

(10 marks)



6. (i) Which of the hazards listed below do cyclists usually have to be ready for when cycling down a hill?

(a) oil on the road

(b) lorries overtaking

(c) increased speed

(d) pedestrians running out

(10 marks)

(ii) What is the best way of dealing with this hazard?

(a) pull in and dismount

(b) apply rear brake firmly

(c) apply both brakes firmly

(d) signal and pull out

Tick the correct answers

(10 marks)

7. Three main kinds of hazards are listed on the **MODULE 3 INFORMATION SHEETS**. Put the following hazards under the correct headings:

Frost

loose chippings

busses

oil or grease on the road

*Weather Hazards*

*Road Surface Hazards*

*Other Road Users*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(10 marks)

**Total 100 marks**

**Remember, use your head! Think before you act.**

Name \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Class \_\_\_\_\_ Date \_\_\_\_\_

**Do not fill in this box  
(For Teacher Only)**

**TOTAL MARKS Awarded**

# ACTIVITY SHEET 3

NB. Use MODULE 3 INFORMATION SHEET to help you, complete the activity sheet below:

1. Study the map below and identify a weather hazard (think of two other weather hazards), three hazards caused by other road users and three road surface hazards. Circle each hazard on the map and list them below.



Weather hazards:

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

Hazards caused by road users:

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

Road surface hazards:

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

2. Write a story about a cycle journey where you come across several hazards. Explain what actions you took to make your journey safer. Use the MODULE 3 INFORMATION SHEETS to help you.

(Use a separate sheet of paper).