

# BIKE START

## Level 1 - Cycling Training Programme

### INFORMATION

## REGULATORY/MANDATORY SIGNS

If you see a traffic sign

inside a circle



or an octagon



or a triangular  
Yield right of way sign



IT IS GIVING AN ORDER ... IT MEANS YOU **MUST** OBEY

Circular and octagonal traffic signs mean **YOU MUST** ...



...Not enter this route unless you are a cyclist



...Use a shared cycle/pedestrian track



... Not enter the street or road ahead



...Not turn right



...Stop and give way (NB. The only octagonal sign)



...Turn left ahead



... Go straight ahead only



...Turn left



...Keep left



...Not enter if you are riding or driving



... Stop for School Warden



Speed limit

# WARNING SIGNS are diamond shaped

LOOK OUT FOR...



Roadworks ahead



Traffic lights ahead



Road narrowing dangerously or a narrow bridge ahead



School ahead and children crossing



Junction ahead with road or roads of less importance (indicated by arms of lesser width)



dangerous bend ahead



Roundabout ahead



Major road ahead

If the traffic sign is inside a square or a rectangle, on a white, blue or brown background, **IT GIVES INFORMATION.**

## Square or rectangular road signs



Motorway Ahead



Entry to Motorway



Tourist Information



Boyne Drive

**NB. Cyclists may not cycle on motorways**

Here are some INFORMATION signs for cyclists:



Commencement of cycleway



Advance sign for with-flow bus lane



With-flow bus lane



Shared cycle/pedestrian track sign

# LANGUAGE OF THE ROAD

## SIGNALS

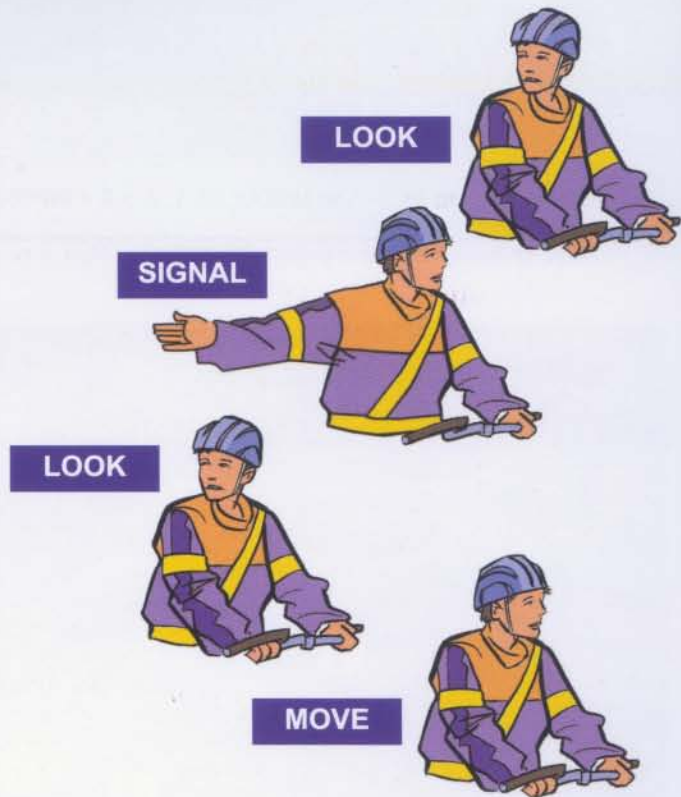
For each manoeuvre you make when cycling there are four stages to be followed.

**LOOK** behind before altering course to check that it is safe to do so.

**SIGNAL** to let other road users know what your intentions are.

**LOOK** again before changing position to check that it is still safe.

**MOVE** make your move if it is safe, checking all the time for other road users.



## Traffic Light Signals at junctions and other locations



**Red** means 'Stop', wait behind the stop line.



**Amber** also means 'Stop'.



**Green** means you may go if it is safe to do so.



At some junctions you may see a "flashing **amber arrow**". This indicates that you must yield to traffic coming from your right. You must also give way to pedestrians crossing.



If there is a **green arrow** you can go in the direction shown if it is safe to do so.



Toucan crossings for cyclists. This is a controlled crossing for cyclists, usually provided alongside controlled pedestrian crossings.

# TEST SHEET 4

NB: you will need to have read MODULES 1, 2, 3 & 4 INFORMATION SHEET before answering these questions

1. Put these traffic light signals in the correct order starting with Red.  
Write numbers below each.








\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(15 marks)

2. If you were riding your bicycle, what would you do if you saw the following road signs ahead?

- (a)  I would \_\_\_\_\_
- (b)  I would \_\_\_\_\_
- (c)  I would \_\_\_\_\_
- (d)  I would \_\_\_\_\_
- (e)  I would \_\_\_\_\_

(25 marks)

3. Explain what this road sign is telling you.



- (a) Shared cycle and pedestrian track ahead
- (b) Pedestrians and cyclists are not allowed on the road ahead
- (c) Cyclists should beware of pedestrians ahead
- (d) End of cycle and pedestrian route

Tick the correct answer

(10 marks)

4. (i) What does this sign tell you lies ahead?

- (a) a roundabout
- (b) a mini roundabout
- (c) a hole in the road
- (d) a roundabout is being built ahead

Tick the correct answer



(ii) What must you do when approaching this sign?

\_\_\_\_\_

\_\_\_\_\_

(25 marks)

5. Write in the space below what each of these road signs mean.



Yeild



No left turn



Road narrows ahead

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

(15 marks)

6. Find on the information sheets the following signs and explain what the signs mean.

- (a) WARNING \_\_\_\_\_
- (b) REGULATORY/MANDATORY \_\_\_\_\_
- (c) INFORMATION \_\_\_\_\_

(10 marks)

**Total 100 marks**

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

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

School \_\_\_\_\_

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

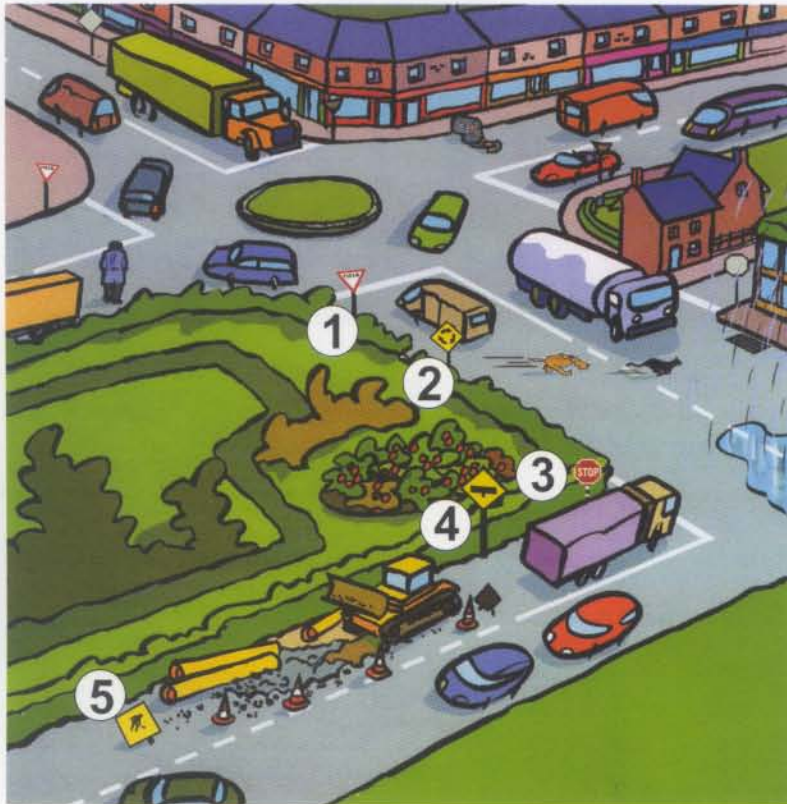
**Do not fill in this box  
(For Teacher Only)**

**TOTAL MARKS Awarded**

# ACTIVITY SHEET 4

Using MODULE 4 INFORMATION SHEET to help you, complete the Activity Sheet below:

A. Illustrate the road signs numbered on the map below and explain what they mean



1

2

3

4

5

B. Draw the following WARNING SIGNS in the space provided.



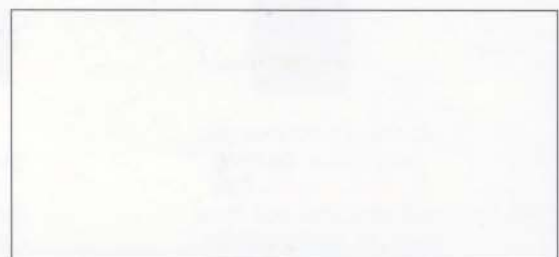
(a) Dangerous bend ahead



(b) Traffic lights ahead



(c) Road narrows dangerously or narrow bridge ahead



(d) School and children