

# BIKE START

## Level 1 - Cycling Training Programme

### INFORMATION

#### GOING TO SCHOOL

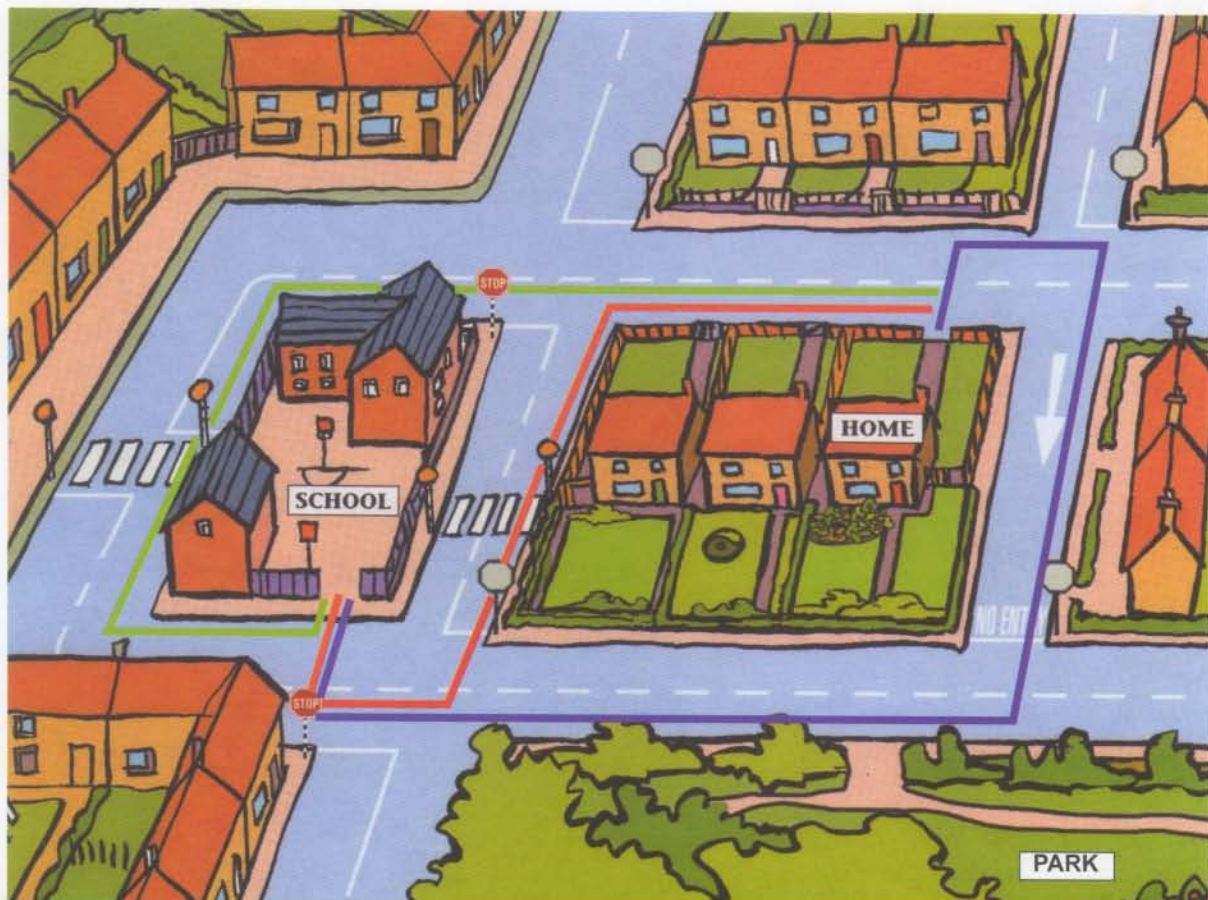
You will want to use your bicycle to make short journeys from your home. Normally you would take the shortest route to your destination, but sometimes it is better to make a longer journey to the same destination to avoid hazards such as heavy traffic.

Look at the street plan pictured below, and trace with your finger the three ways of getting to school from home. These are marked with **RED**, **BLUE** and **GREEN** lines.

You can see that the **RED** route is the shortest way, but it is hazardous because you have to turn right where there is oncoming traffic, and again across the line of traffic into the school entrance.

The **BLUE** route is longer, and you would encounter several right turning hazards.

The **GREEN** route is less hazardous because you have only to cross one road junction and there are no right turns.



## GOING TO THE PARK

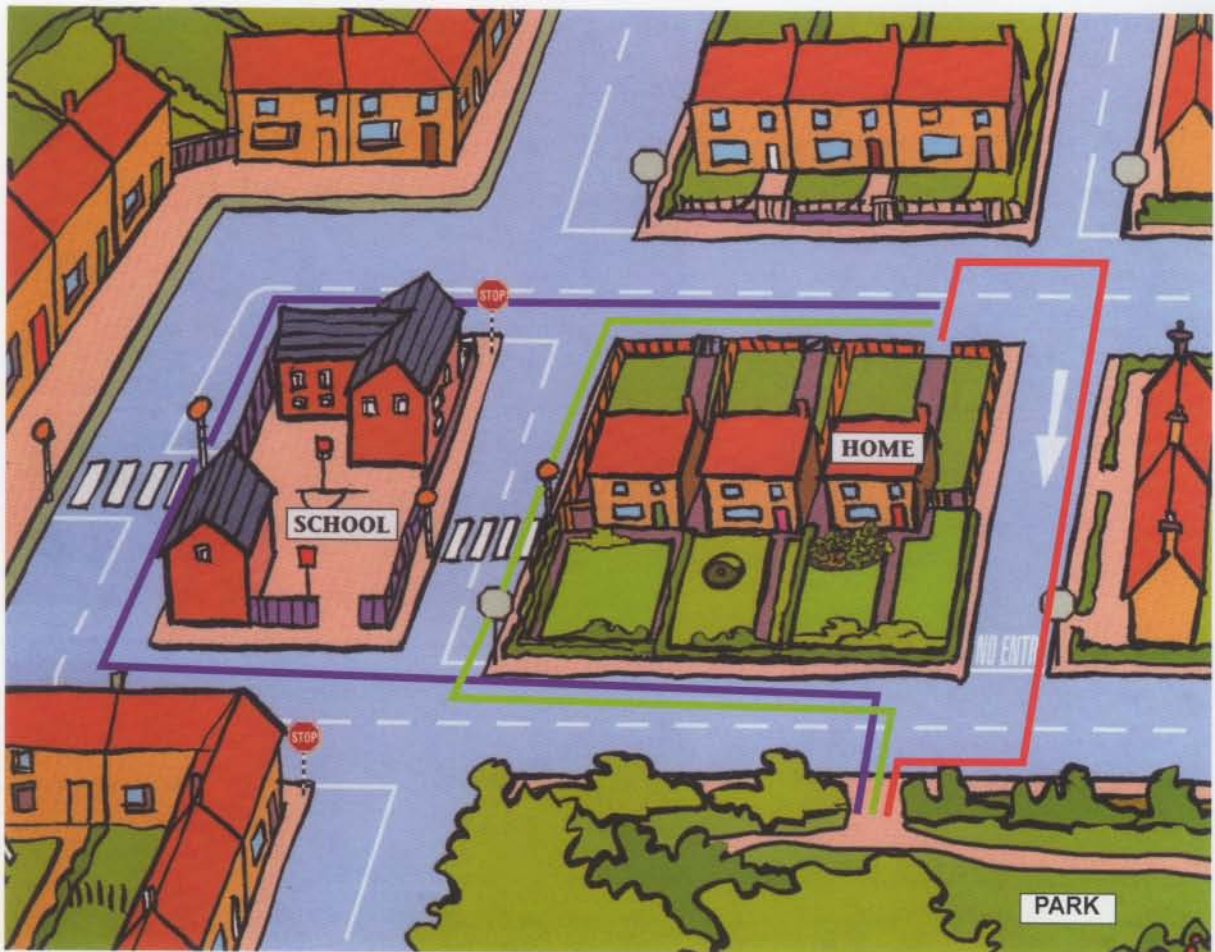
After school and at weekends and holidays you might like to play in the park.

Look at the street plan below, and trace with your finger the three ways of getting to the park from home. Follow the **RED**, **BLUE** and **GREEN** lines.

You can see that the **RED** route is the shortest way, but it is hazardous because you have to turn right twice where there might be oncoming traffic. You also must cross the road in front of your house.

The **BLUE** route is longer again, but you would encounter two left turning movements and a hazardous right turn as you turn into the park entrance.

The **GREEN** route is slightly longer, but is less hazardous because you have only to turn right once across traffic as you turn into the park entrance.



# CYCLE TRACKS AND ROAD SIGNS

Cycle tracks are either mandatory or advisory

A **MANDATORY CYCLE TRACK** is indicated by a continuous white line.

An **ADVISORY CYCLE TRACK** is indicated by a broken white line. Vehicles may cross this broken line, if for example they wanted to get to a parking place.

## SHARED BUS/CYCLE LANE.

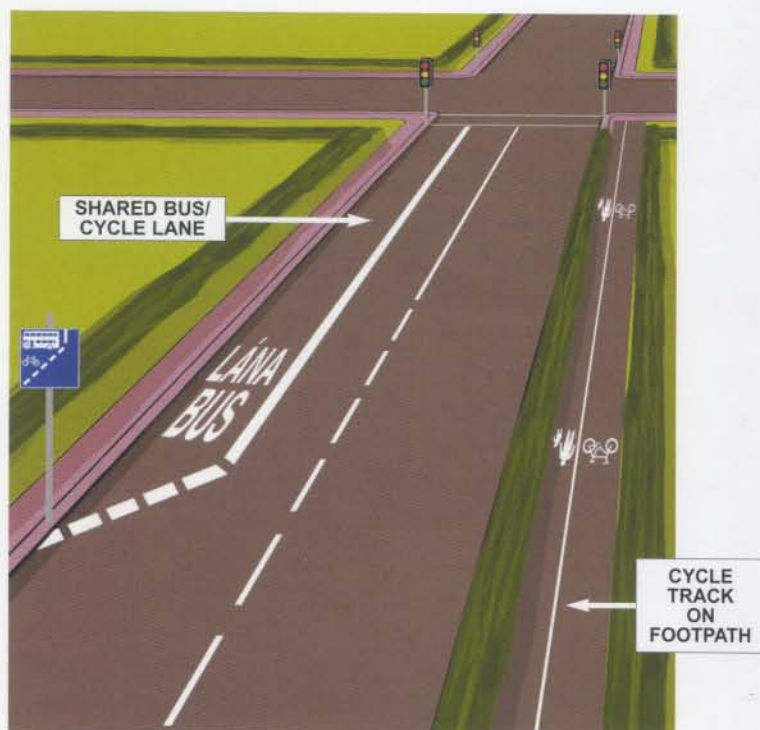
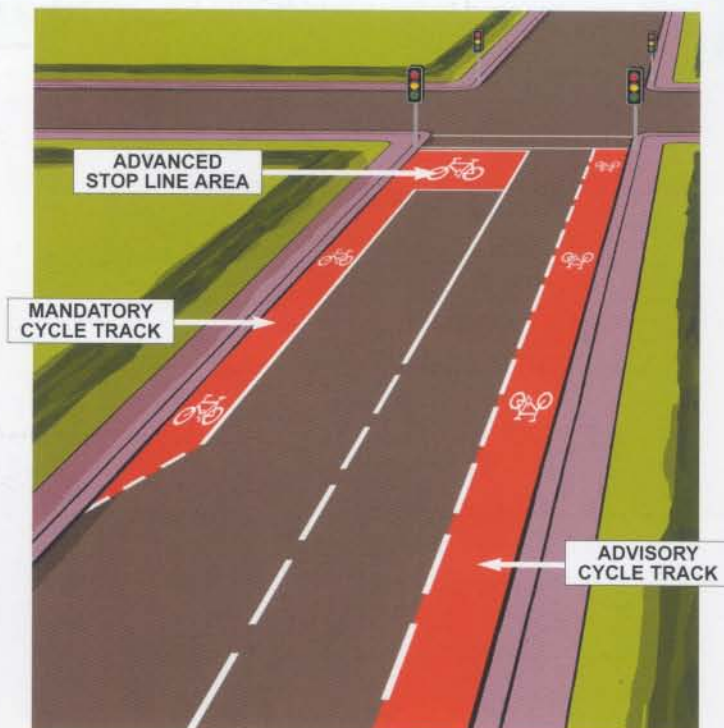
Cyclists can use bus lanes shown by a bus/cycle sign. Be careful of buses pulling out in front of you and passengers getting off.

## CYCLE TRACKS ON FOOTPATHS.

Watch out for pedestrians when using these.

## ADVANCED STOP LINE AREA.

These are boxes next to traffic lights that provide a safe area for cyclists ahead of the rest of the traffic. Older experienced cyclists who have passed their BIKE START Level 2 & 3 practical test can use these boxes to move into a prominent position when the traffic is stationary if they wish to turn right.



# TEST SHEET 5

## TEST SHEET 5

NB: you will need to have read MODULES 1 - 5 before answering this Test Sheet.

1. Why do you think that the right turn manoeuvre might be more dangerous than the left turn?

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(10 marks)

2. Which of the following hazards might cause you to change your route to school?

- |   |  |
|---|--|
| <input type="checkbox"/> (a) parked cars    | <input type="checkbox"/> (b) roadworks   |
| <input type="checkbox"/> (c) busy junctions | <input type="checkbox"/> (d) pedestrians |

Tick two answers

(10 marks)

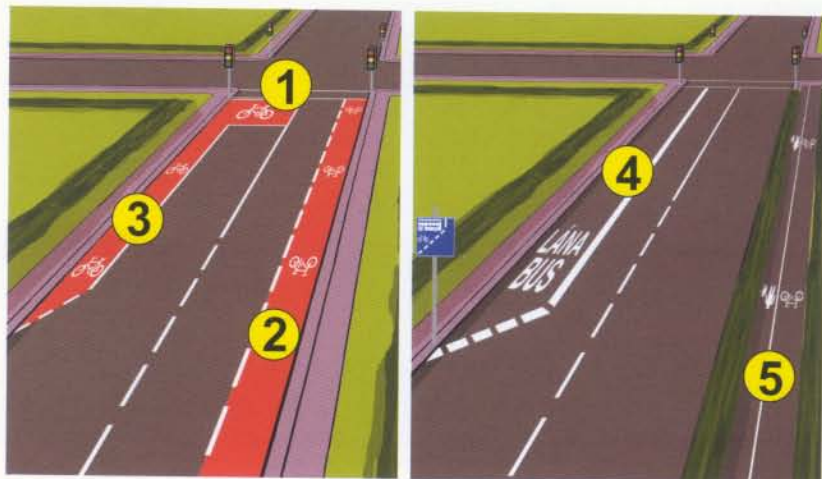
3. When cycling you must always be

A \_ \_ \_ T

(10 marks)

4. Indicate in each box where the following features are on the maps below.

- |                          |                         |
|--------------------------|-------------------------|
| <input type="checkbox"/> | Cycle Track on Footpath |
| <input type="checkbox"/> | Mandatory Cycle Track   |
| <input type="checkbox"/> | Shared Bus/Cycle Lane   |
| <input type="checkbox"/> | Advisory Cycle Track    |
| <input type="checkbox"/> | Advanced Stop Line Area |



(15 mark)

5. If you were cycling to school in the winter, list three objects that you could either wear or attach to your bike to make you safer.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_ (iii) \_\_\_\_\_

(15 marks)

6. If you haven't passed your BIKE START Stage 2 Practical Cycling Test, when should you use the stop, dismount and cross as a pedestrian procedure, when making a right turn from a Minor road to a Major road:

(a) After passing the junction with the Major road.

(b) At the point where the roads meet.

(c) Before the junction with the Major road.

Tick one answer

(10 marks)

7. (i) Write down the procedure you should follow when pushing your bike across a road at a junction. (See modules 1-5 inclusive).

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

(15 marks)

(ii) On which side should you hold the bike when pushing it across a road?

(a) Left hand side

(b) Right hand side

(c) Either

Tick one answer

(15 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 5

Using MODULE 5 INFORMATION SHEETS to help you, complete the Activity Sheet below:

On the street plan below draw a dotted line which shows the cycle route from school to home which has the least number of right turns.



## PROJECT 1

- Draw a map of your area and highlight routes you are likely to cycle, including routes to and from school.
- Mark with an (X) on the map all the places that you consider dangerous on your route.
- Draw alternative safer routes in a different colour, so as to avoid dangerous places.
- Discuss with your teacher how you could make these routes safer.

## PROJECT 2

Plan a "Safer Routes to Cycle" project exhibition for a parents evening. Take photographs and make drawings of hazards or dangerous places you encounter while cycling to school.