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Cycle Safety

The details of the educational activities around cycling that LASER Alliance (LA) members are engaged in are listed below but in summary, the work falls into five main categories –

1. Bike maintenance workshops
2. Scenarios about how road traffic collisions may be caused involving cyclists
3. Cycling workshops
4. Post visit resources including cycle safety information and advice
5. Statistics about cycling

For further information about Cycling Safety Advice & Information please see -
<http://www.rospa.com/roadsafety/adviceandinformation/cycling/>

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LASER Alliance members and their cycle safety education work...

Member	Details about cycling education
Birmingham City Council - Road Safety Team	The Road Safety Education Team delivers programmes of Bikeability level 2 and 3 training within Birmingham schools. The aim of the cycle training is to encourage more people to cycle, more safely, more often on today's roads. They are also an Independent Training Provider (ITP) which means they deliver instructor training for those interested in teaching Bikeability.
DangerPoint (Wales)	The cycling scenario will help cyclist understand how to be responsible for their own safety whilst riding a bicycle by learning about the importance of safety equipment i.e. helmets, light/reflective clothing to help them to be seen. Groups also learn important checks which they should use to ensure that their bicycles are safe to ride.
Flashpoint Lifeskills Centre (Bodmin)	The road traffic collision and road safety scenario includes a cyclist who has been injured, what should you do? Asks children to think why has he been hurt i.e. what may have led to the collision?
Guernsey Child Accident Prevention Group - Safety Calling Challenge	Cycle Safety (led by Guernsey Police Cycling Proficiency Officer) - the children are shown a bicycle and asked to spot the faults, e.g. loose saddle, worn brakes, no bell, etc. They then discuss the dangers of not wearing a cycle helmet and are shown a raw egg and mini helmet with a raw egg inside. Children drop the helmet onto the floor to show that the egg did not break, but the unprotected egg smashed. They also take part in a quiz about safe cycling habits and discuss the need for high visibility clothing.
Hackney Council - Road Safety Team	The Council offers a variety of cycle training activities, classes and courses throughout the borough. Training is suitable for people who want to: <ul style="list-style-type: none"> • learn to balance on a bike for the first time • gain confidence and skills to start riding on the road • troubleshoot bad habits after having experience riding on the road • learn to ride with their children on the road

<p>Lifeskills (Bristol)</p>	<p>All pupils educated at Lifeskills will:</p> <ul style="list-style-type: none">- be shown the importance of wearing bright or white clothing during the day and reflective material at night – demonstrated by shining a torch onto a reflective jacket, worn by a mannequin approximately 15 meters away.- be told about the importance of cycle training, which gives you information about the Highway Code, about care and repair of your bike and how to cycle safely on the road. Training ensures you use the same rules as other road users.- compare a damaged and new cycle helmet and be told that a helmet reduces injuries in slow speed crashes. Children are advised to wear them at all times when cycling.- be shown the importance of good cycle security and general good courtesy of not “dumping” bikes across a pavement, causing a hazard to particular vulnerable people.
<p>Nottinghamshire County Council - Road Safety Team</p>	<p>Child cycle training can be provided for children aged nine and over. It is normally carried out through schools across the county, is usually free of charge and carried out by trained cycle instructors.</p> <p>All pupils who take part in training must provide their own bike which should be appropriate for the activity. Further guidance is available on the cycling safety checks page</p>

[Oxfordshire I.M.P.S.](#) Injury
Minimization Programme for Schools

There are three elements of the I.M.P.S. cycle safety work
in addition to data collection

1. **Resource**
The I.M.P.S. key stage 2 resource book includes a section on cycle safety. This is delivered in school by the class teacher.
2. **DVD**
The road safety DVD scenario encourages children to identify the risk taken by the cyclist and to discuss the importance of wearing a cycle helmet. Discussion takes place about the functions of the brain. The children have an opportunity to observe a helmet that was damaged in a real accident and to understand how the brain was protected.
3. **Online interactive resource**
Our interactive online resource follows a boy with a head injury as a result of a cycle accident through the emergency department. Children learn about the functions of the brain, the tests and treatment he receives in hospital and reflect on how the accident may have been prevented.
4. **Data collection (fed back to Oxfordshire County Council Road Safety team)**
The number of children who own a bicycle/helmet/always wear a helmet when cycling.
The reasons why they do and do not wear a helmet
Details of a serious cycling accident of anyone they know.

<p>Risk Factory (Edinburgh)</p>	<p>Our cycle safety scenario features a traffic accident involving a cyclist and a car. The volunteer sets the scene and the group are given the role of Crime Scene Investigators and are asked to identify what factors may have contributed to the accident. The lighting in this area is dim and they are looking at things like the cyclist not wearing their reflective vest, wearing dark clothing, no helmet, shoelaces not being tied. In terms of the bike we talk about the maintenance and servicing - the bike brakes aren't working; the seat is loose which may/may not have been caused by the accident; the fact that there are no reflectors or lights on the bike. There are also some issues in relation to the car users in terms of passengers distracting the driver, a beer bottle, mobile phone and map which may have had something to do with the incident; and the road works.</p> <p>What we're really trying to get over to the group is the importance as cyclists of making themselves visible, ensuring their bike is roadworthy and wearing of bicycle helmet. The scenario was developed with the police road safety staff and fits with the wider programme of work being done in schools through Road Safety Scotland and Bikeability Scotland.</p> <p>Our scenario is reinforced through our workbook which features a checklist for a Safer Cyclist and asks them to think about the tyres, chain, bell, reflectors, lights and pedals; if the bike they are using is the correct size; do they always wearing a correctly fitted cycle helmet and appropriate clothing; have they completed a cycle training course and do they know the highway code.</p>
<p>Safeside - WMFS (Birmingham)</p>	<p>The street and bus scenario objectives include -</p> <ul style="list-style-type: none"> • To be able to assess risk when travelling on public transport and take action to reduce it • To know how to travel safely and responsibly • To understand the dangers of electrical substations • To know the basics of safe cycling • To understand the importance of cleaning up after dogs

<p>Warning Zone (Leicester)</p>	<p>The cycle safety messages we put out at Warning Zone in our “Road Safety Zone” we talk about the following:</p> <ul style="list-style-type: none"> • Walking and Cycling being healthy ways to get to school • You can reduce risks by planning a safe cycle route to school • Think about how you behave on the roads • Be safe be seen <p>We look at a dummy in cycle gear on a bike, the guide discusses with the children ways to stay safe when riding a bike: reflective clothing / cycle helmets / sticking reflective patches on our school bags / wearing light coloured clothing / lights on bikes (use when dark or misty) and reflectors on bikes / do not use headphones whilst riding or walking on or near the roads.</p> <p>Cycling safety also crops up when we look at the road model and we point out again the cyclist who is wearing reflective clothes.</p>
<p>Warwickshire Road Safety</p>	<p>Bikeability cycle training in Warwickshire - Bikeability is cycling training which aims to get more people cycling, more safely, more often. Many adults will remember doing their Cycling Proficiency Test – Bikeability is designed to give the next generation the skills and confidence to ride their bikes on today’s roads.</p> <p>Cycling is healthy and fun, but it’s important to learn how to do it safely. Children now have the chance to get their Bikeability award as part of a national scheme that is being rolled out across England. Warwickshire County Council is an accredited provider of the scheme and is working towards providing every child in Warwickshire with the opportunity to have Bikeability training.</p> <p>Cycle training is delivered on behalf of The Department for Transport and is delivered in accordance with the National Standard (Bikeability).</p> <p>Participants need a bike and they strongly recommend a cycle helmet.</p> <p>Bikeability cycle training for Schools There are three levels available, which are offered to children in primary and secondary schools:-</p> <p>Primary Schools Level 1 – Basic cycle control skills are taught in an environment away from cars or traffic. Level 2 – Prepares students to deal with traffic on short journeys, such as cycling to school. Level 1 Bikeability is offered free of charge to those schools who take up the offer of a Level 2 Bikeability Course</p>

Secondary Schools

In addition to Bikeability Level 2 secondary school pupils who have successfully attained Level 2 are offered the opportunity to take an advanced Level 3 on-road course.

Level 3 – Gives students the skills to tackle a wider variety of traffic conditions and cope with more challenging traffic situations.