

Before starting out on the road, make sure that you know how to prepare yourself and your bicycle for journeys as part of the traffic.

To help you to build confidence when cycling on roads, select a quiet, easily cycled route at first. This will enable you to work on your observation skills and get used to travelling with light traffic.

You may choose to travel with an experienced cyclist who can ride behind you, and observe and help you with your cycling techniques.

On a clear road, with no obstructions (eg parked cars etc) aim to cycle between a half to one metre from the kerb to avoid debris and drain covers. This will also help you to see and be seen by motorists. However, you will need to adjust your positioning as hazards arise and this will take lots of practice.



## Teaching Children

Children up to 9 years should be supervised by adults when they cycle on the road and should travel on quiet routes only.

They may have difficulty in understanding what a hazard is - or how it builds up.

### **A hazard is something that may cause harm.**

They may well have difficulty too, in judging distances, speed of traffic and concentrating for long periods.

## Cycle Training Courses

Cycle training courses for 10 year olds may be available at school. Courses are run by school volunteers who are trained by Devon County Council's Road Safety Team, free of charge.

For further information contact your school or the Road Safety Help Desk on (01392) 446124 or [rshelp@devon.gov.uk](mailto:rshelp@devon.gov.uk)

## 1 Planning Your Ride

Your safety is the most important consideration when you are cycling. When choosing your route, the safest one may not be the most direct.

Before setting off, think about where you want to go and the hazards that you may wish to avoid, such as busy roundabouts, junctions and main roads or there could be road works.

- Use cycle routes where possible (see no.14). These are sometimes shared with other cyclists and pedestrians and, on occasions, horseriders. Please be considerate of other users
- Cycle lanes are normally on the road adjacent to the kerb. However some are marked and signed on pavements for shared use by cyclists and pedestrians
- If Toucan crossings are available on your cycle route, always use them
- For cycle route information, see 'contacts' section on the back of the folder



Ground markings indicate segregated route for pedal cycles and pedestrians only (please keep to the correct side)