

CycleSafe 2009

Bicycle South Australia Inc
Bike Education – CycleSafe Program

Session Outline



Bicycle SA – More South Australians cycling in safer, healthier communities.

- Whiteboard
- Training room
- Bikes (1 for each participant)
- Helmets (1 for each participant)
- Bike locks (1 for each participant)
- TravelSmart Access guides
- Bike maintenance stands
- A range of cycling accessories
- Mechanical tools
- First aid equipment
- Hi visibility vests (1 for each participant)

Course Duration Total: 8 hours

Session 1 - 2 Hours Duration		
Time allocation	Modules & outcomes	Resources & venue
15 mins	1.1 Welcome, introductions & program outline <ul style="list-style-type: none"> • Introduction to the program. • CycleSafe workshops session objectives, program objectives and logbook. • Outline for the session and learning outcomes • Participant name tags • Distribute participant folders 	Indoor Venue <ul style="list-style-type: none"> • Chairs Tables • White board • Name tags • Participant folders
25 mins	1.2 Cycling, your health and the health of the environment <ul style="list-style-type: none"> • Cycling myths and misconceptions • Why Cycle... a reinforcement of the health and environmental benefits of cycling. • Understanding of where the bike pool links to council plans and strategies. (E.g. OH&WS, Local area Bike Plan, Climate Protection, TravelSmart etc) • Knowledge of where to get access to information about cycling in the community. • Information about social rides through Bicycle SA's free rides program 	Indoor Venue <ul style="list-style-type: none"> • Ride Instead brochure • Bicycle SA information
15 mins	1.3 Helmet fundamentals <ul style="list-style-type: none"> • Understand the features of a helmet • Demonstrate how to fit a helmet correctly and securely. • Understand how a helmets works and how to care for your helmet. • Identify a helmet which meets Australian Standards for cycling. 	Indoor Venue <ul style="list-style-type: none"> • Helmet check sheet • Helmets • Damaged example helmets
30 mins	1.4 Bike safety checks, bike fit, and bike security <ul style="list-style-type: none"> • Understand how to check a bicycle for safety, 15 point bike safety check • Understand how to complete a pre ride bike safety check • Understand how to choose a bicycle which fits the rider. • Demonstrate how to adjust seat pole to a suitable height for the rider. • Understand how to identify appropriate objects to lock your bike to • Understand how to lock your bike securely to an object 	Indoor Venue
30 mins	1.5 Bike care & maintenance <ul style="list-style-type: none"> • Removing a quick release wheel • Demonstrate how to repair a puncture in a tube • Demonstrate how to replace a tube. • Demonstrate how to pump up a tyre. • Understand basic lubrication and cleaning requirements • Identify what, when and how to report maintenance needs of a bicycle. 	Indoor Venue <ul style="list-style-type: none"> • Bike examples x5 • bike stands x5 • Tubes • Puncture repair kits • Maintenance tool kits
30 mins	1.6 Road Rules & Bike Etiquette <ul style="list-style-type: none"> • Knowledge of where to find information about the road rules. • Knowledge and understanding of road rules which apply to cycling in South Australia. • Understanding of principles and etiquette which apply for personal safety. • Understanding of how to share the road and related spaces with other users. 	Indoor Venue <ul style="list-style-type: none"> • Cycling and the law brochures
Time allocation	Lesson detail	

25 mins

Cycling, your health and the health of the environment

Cycling Myths:

You need to be super fit and young to ride

Many people have taken up cycling as a low impact exercise program. Unlike many exercises, cycling is easy and can be tailored to your own needs.

You need to wear lycra and ride a \$1,000 bike

\$400-\$500 will buy you a good quality bike from a bike shop, beware of the false savings from department stores. A bike shop will provide you with much more than a quality bike: you will also usually receive a free first service, set up and equipment advice as well as quality assembly by a bicycle mechanic.

You don't have time to ride a bike

Bicycles provide the perfect opportunity to mix transport with exercise and recreation. By incorporating bike riding into your everyday transport, you will save money on using the car, while having a pleasant and inexpensive workout at the same time.

There is no place to ride in Adelaide

Metropolitan Adelaide provides the perfect place to cycle due to the limited number of hills and open green spaces. Resources such as the TravelSmart Access Guides highlight backstreet routes such as bicycle lanes and shared paths enabling cyclists to avoid unsuitable roads and feel confident in cycling as a means of commuting.

Everywhere is too far to ride

Compared to other cities, distances travelled between destinations in Adelaide are relatively short.

No one rides a bike in Adelaide

Recent surveys show almost 3,500 cyclists ride into Adelaide each day.

Cycling is dangerous

Many people perceive cycling as much more dangerous than it is. Good route selection and sensible riding will minimize most dangers.

Why Cycle

Save Money

Cycling has a very low capital outlay cost (average between \$500-\$1000) and a very low (almost negligible) operating cost per kilometres travelled i.e. \$100 yearly for servicing. Once the bike has been purchased the running costs are minimal and food is really the only fuel

	<p>needed.</p> <p>Become healthier, more productive and less stressed A recent West Australian study found that active employees who cycle to work take 40 per cent fewer days of sick leave, reducing staffing costs by \$6.8 million each year.</p> <p>Generate zero greenhouse gas and air pollutant emissions while travelling Cycling is a zero greenhouse gas producing travel option. Motor vehicles also generate around 40 per cent more greenhouse gases per kilometre for short trips than for longer trips. Only the bicycle can match (or perhaps exceed) the car's flexibility and speed for short trips.</p> <p>Have the opportunity to incorporate physical activity into your daily life Cycling however can be undertaken by people with a wide range of age and fitness levels, and as a form of commuting be incorporated into daily routine and remove the barrier of not having enough time.</p> <p>Help reduce local motor vehicle congestion and increase local amenity</p> <p>Each bicycle on the road is potentially one less car on the road, and subsequently less traffic congestion and noise pollution on our local roads</p>	
<p>15 mins</p>	<p>Helmet fundamentals</p> <p>Use Bike Education Helmet check sheet Identify parts of the helmet Identify, display and discuss damaged helmets Practice how to adjust to correct fit</p> <p>Activity: Get everyone to check another person's helmet and complete a helmet check sheet. Activity: Everyone is to fit and adjust their own helmet and check other group members.</p>	

30 mins

Road Rules & Bike Etiquette

Passing on the left

A bicycle, unlike a car, can pass stationary vehicles on the left even when there are no line markings. The exception is when a vehicle turning left. This is most relevant when the front car in a queue is turning.

Footpath

Children 12yrs and under are allowed to ride on the footpath in South Australia, as are persons with a disability. An adult supervising a footpath rider is not technically allowed to ride on the footpath, however as long as the rider is behaving sensibly the police will not take issue.

Shared paths

Keep to the left, passing other users, dogs, obstacles.

Riding double file

A cyclist is allowed to ride abreast of another cyclist as long as they are not more than 1.5 meters apart. The exception is the presence of a bicycle lane.

Bicycle Lanes

When a bike lane is present a cyclist must ride within it, unless it is inappropriate to do so, ie debris, broken glass.

Rider etiquette

Obeying the road rules is an important part of making cycling safer and promoting cycling as a legitimate form of transport and recreation.

Note:

Good general knowledge is required for this topic as many questions will be asked. Refer to Road Traffic Regulations and Cycling & the Law Brochure

Session 2 - 2 Hours Duration		
Time allocation	Modules & outcomes	Resources & venue
120 mins	2.1 Preparation to ride in on road traffic situations - Basic Skills <ul style="list-style-type: none"> • Demonstrate how to mount and dismount your bike. • Demonstrate how to use brakes effectively. • Demonstrate how to stop at an intersection. • Demonstrate how to ride slowly. • Demonstrate how a bike turns. • Demonstrate how to balance momentarily. • Demonstrate how to "scan". • Demonstrate how to signal. • Demonstrate how to make a turn. • Assessment - slalom course 	Safe open space Outdoor Venue <ul style="list-style-type: none"> • Bikes and helmets • Domes and markers • Chalk
Time allocation	Lesson detail	
30 mins	Using marked courses in a closed off area participants will develop techniques to mount and dismount their bikes, how to start off in the most efficient manner and safe and effective stopping, including emergency braking.	
30 mins	Balance and steering will be developed through different cornering methods such as leaning into corners and slow riding.	
30 mins	Techniques to safely negotiate riding in groups and in road traffic will be introduced in the form of "scanning" and arm turning signals as well as other communication methods for cyclists.	
30 mins	The assessment will be in the form of a slalom course which will combine all the elements covered in the session.	

Session 3 - 2 Hours Duration		
Time allocation	Modules & outcomes	Resources & venue
30 mins	3.1 Route Selection & trip planning <ul style="list-style-type: none"> Information available How to interpret maps – Street directory and TravelSmart maps Timing and pre ride assessment What to carry Safety accessories – reflective ankle straps, vests, lights, etc. Good clothes to wear Hydration/sun protection/ weather protection End of trip facilities 	Indoor Venue <ul style="list-style-type: none"> Whiteboard Whiteboard markers TravelSmart map sets N,S,E & W A range of products, clothing and safety accessories
85 mins	3.2 On Road Riding, Managing Intersections - Theory session <ul style="list-style-type: none"> Principles to approach and execute a manoeuvre through an intersection including, scan, signal, position and obey road rules. 	Indoor Venue <ul style="list-style-type: none"> Whiteboard Whiteboard markers Intersection examples
Time allocation	Lesson detail	
10 mins	<p>Resources available: Street Directory TravelSmart Access Guides Internet sites</p> <ul style="list-style-type: none"> www.transportsa.gov.au/travelsmart www.googlemaps.com.au www.bikley.com.au www.bikemap.com.au <p>Other Cyclists!</p> <p>Designated bike routes Look for designated bike routes indicated by blue triangles on a sign. These provide important facilities such as crossing points and bicycle lanes. There are many designated bike paths or shared use paths which link the suburbs to the city without sharing roads with vehicles.</p> <p>Planning Pre-planning of a ride is vital and often the key to an enjoyable experience. Consider the balance between the most direct route and the route with less traffic or even separate bikeways or linear parks. Another thing to consider is hills, What may seem relatively flat in a car can be quite the opposite on a bike.</p> <p>Timing It is important to consider the total time a ride can take, this includes time taken to park and</p>	

<p>10mins</p>	<p>secure your bike, changing as well as time riding the bike. Cycling is often much faster than public transport or a private car as a cyclist is not as effected by congestion and fixed time-tables, however this may not always be the case. Route maps are useful for measuring the distance of a ride and estimating the time that it should take.</p> <p>Pre-ride When using a route for the first time a pre-ride is an excellent idea. Riding on a Sunday or another day when there are no time restraints allows you to discover pros and cons of a particular route. It is important however to consider the different amounts of traffic that will exist at peak hour or the normal time of the ride. Crossing main roads will take longer, community facilities such as schools and childcare may also attract extra traffic.</p> <p>Equipment Proper equipment can make cycling a more enjoyable and rewarding experience. Cycling clothing (not just lycra) is more comfortable for riding especially in adverse weather conditions and can make you more visible to other road users. Specific bike bags such as pannier bags make carrying work effects or shopping easy.</p> <p>The following is a list of equipment that may be useful for cycle commuting: Backpack or pannier bags Gloves Cycling shoes Shorts with padded insert Reflective vests, ankle strips etc Light weight rain jacket</p>	
<p>10mins</p>	<p>Activity: map interpretation and orientation.</p> <p>Activity: Work with participants to develop a travel route from home to their place of work.</p> <p>Be visible – at night time and during the day Leave clothes at work Roll don't fold How fast you ride - sweat Tips for avoiding 'helmet hair' - Many hairstyles, long or short, can be quickly spruced up upon arrival at work.</p>	

<p>15mins</p>	<p>On Road Riding, Managing Intersections - Theory session Plan Scan Signal Scan Riding predictably is essential Try to make eye contact with drivers Assume you are invisible Where to look Choose the best way to turn safely – hook turns, Ride with your hands ready to brake Never, ever ride against traffic Ride in the middle of narrow lanes Avoid being 'car doored' – where to ride, 1m out from parked cars What to do in the event of an accident?</p>	
<p>20 mins</p>	<p>Using the diagrams in participants folders for undertaking maneuvers in traffic run through scenarios applicable to passing parked cars, turning right, turning left and negotiating roundabouts.</p>	
<p>20 mins</p>	<p>Participate in a discussion and white board demonstration of methods of negotiating common traffic scenarios.</p>	
<p>30mins</p>	<p>In small groups participants will draw how they would negotiate these traffic scenarios using the Plan Scan Signal Scan technique and discuss with the group why they made these decisions.</p>	

Session 4 - 2 Hours Duration		
Time allocation	Modules & outcomes	Resources & venue
120 mins	4.1 On Road Riding, Managing Intersections - Practical on road riding session <ul style="list-style-type: none"> • Demonstrate understanding of a 6 point basic bike check • Demonstrate how to pass a parked car • Demonstrate how to make a left turn • Demonstrate how to make right turns – centre of the road and hook turns. • Demonstrate how to ride through a round-a-bout. • Demonstrate how to ride straight through an intersection. • Demonstrate how to ride on shared paths. • Demonstrate understanding of Australian Road Rules that relate to cycling. • Post Ride Report. • Course evaluation requirements • Bike SA membership benefits and how to join 	Outdoor Venue and on road traffic environment <ul style="list-style-type: none"> • Bikes • Helmets • Radios • Basic first aid kit • Vehicle • Bicycle SA Membership form • Course evaluation questionnaire • Hi visibility safety vest
Time allocation	Lesson detail	
10 mins	<p>Based on the bike check demonstration, participants are to undertake a 6 point bike safety check filling out the bike check form prior to heading off on the practical ride.</p> <p>Participants are to evaluate the outlined route and assess its relevance to the activities defined.</p>	
90 mins	<p>Practical ride through inner suburban streets and bike paths observing road traffic rules</p> <p>This will include assessing and negotiating intersections and common traffic situations such as:</p> <ul style="list-style-type: none"> • Passing a parked car • Turning left at intersections • Turning right at intersections • Hook turns at intersections • Negotiating roundabouts • Riding in traffic safely 	
25 mins	<p>General questions</p> <p>Where to from here?</p> <ul style="list-style-type: none"> • Bicycle SA membership benefit outline and how to join instructions • Bike Maintenance programs • Bike User Groups (BUG'S) <p>Log books – how to fill out?</p> <p>Course evaluation questionnaires</p> <p>End of session</p>	