

Mature Cyclist Training Course - Scarborough

Introduction

Many residents may consider urban roads as potentially dangerous for cyclists, but this isn't necessarily the case. As with drivers, those who lack the basic knowledge of the rules of the road put themselves at risk, but training can minimise the risk in just the same way driver training minimises the risk to motorists.

Our infrastructure is also changing and becoming more cyclist friendly. We have more traffic lights and less roundabouts, more cycle lanes and more road crossings designed for cyclists.

This training course is aimed at *mature drivers who would like do something that is healthy, for themselves and the environment, by making the occasional trip by bicycle instead of getting the car out of the garage. Many of these *would be* cyclists just need a little extra training necessary to give them the confidence they need.

Aims

1. To increase the number of elderly motorists who can add cycling to there choice of modes of transport
2. To contribute toward County Council's aim, and the National aim, to promote a greater awareness of the need to reduce carbon emissions resulting from over reliance on motor vehicles.

Objectives

1. To offer training through advertising to all over 50 year olds residing in the Urban area of Scarborough.
2. To increase the level of skill and confidence of those that take up the offer to the point that they can reasonably tackle the urban traffic.
3. To show the importance of maintenance of their bicycles with practical demonstrations.
4. To enable these mature cyclists to assist in promoting cycling to younger members of society through their own example.

Course Content

Practical Training will be largely on a one to one basis, though it is envisaged that exceptionally two may be taken together. The first lesson may be run with several pupils in the classroom environment. Progression to the next lesson in each case is dependent on the satisfactory completion of the one before. All instructors are experienced cyclists, and trained instructors.

Lesson 1 – 2Hrs

A classroom based lesson that covers: -

1. basic cycle maintenance
2. the highway code as particularly relevant to urban cyclists
3. tips on negotiating the urban traffic
4. First Aid
5. PPE – Helmets, Reflective/fluorescent

Lesson 2 – 2Hrs.

This lesson covers an off road assessment and if necessary off road tuition in manoeuvring and signalling. It will take place in a suitable traffic free area.

It will include:

1. Vehicle checks before starting
2. Manoeuvring
3. Riding one handed and signalling (Left and Right)
4. Normal Braking
5. Braking whilst Signalling
6. Emergency Stop.

Lesson 3 – 2Hrs

The training now moves onto lightly trafficked roads. The exact routes will be dependent on the judgement of the trainer taking into account the skill of his trainee.

This training should cover all normal manoeuvres including right and left turns from major to minor roads. Ideally the route should cover a variety of urban and sub-urban, environments including hilly areas, parked up areas on and off road cycle lanes. Normally it will not include complex junctions with round-a-bouts or major traffic lights.

Lesson 4 – 2Hrs

The lesson progresses onto major roads and the route chosen should ideally take in major sets of lights and round-a-bouts. Correct road positioning is a vital part of this lesson particularly concerning routes through major junctions.

1. Road position at advanced stop lines
2. Routes through major junctions
3. Routes through round-a-bouts
4. Right turns on and off heavily trafficked roads.
5. Advancing in queuing traffic

