



London Road Safety Council

Road Safety: Facing the Future

Engaging the Community – Innovative Cycle Training



Engaging the Community - Innovative Cycle Training

- **Balance Bike Teacher Training – Embedding Skills in the Community**
- **Cycle Skills Zone – Engaging Families**
- **Cycle Skills – Protecting VRUs**

CYCLE CONFIDENT



Balance Bike Teacher Training

- What is it
- Who's it for?

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During The Balance Bike Training Course teaching staff will learn how to:

- **Make sure bikes are safe to ride**
- **Plan Balance Bike sessions**
- **Deliver sessions**
- **Effectively review sessions**

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The Balance Bike Training Course for children will:

- **Provide children with positive early experience of using bikes**
- **Improve children's riding skills and awareness of their surroundings**

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The Balance Bike Training Course for children will:

- **Develop children's balance and control skills in preparation for learning to cycle**
- **Teach children to identify different parts of a bike**



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Cycle Skills Zone

- What is it
- Who's it for

A background image showing a person wearing a green long-sleeved shirt and light-colored pants riding a blue bicycle on a paved surface. The person is positioned on the left side of the frame. The background also includes a brick wall and a white arched structure.

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Cycle Skills Zone

- **What next for the Cycle Skills Zone**



Cycle Skills – Protecting VRUs

- What is it
- Who's it for



Objectives:

- **Increase knowledge of what defines a Vulnerable Road User - VRU?**
- **Increase intentions to share the roads safely with others**



Objectives:

- Gain first hand experience as a VRU through on cycle hazard awareness and understand why other road users behave the way they do



- **Thank you**

- **Q&A**