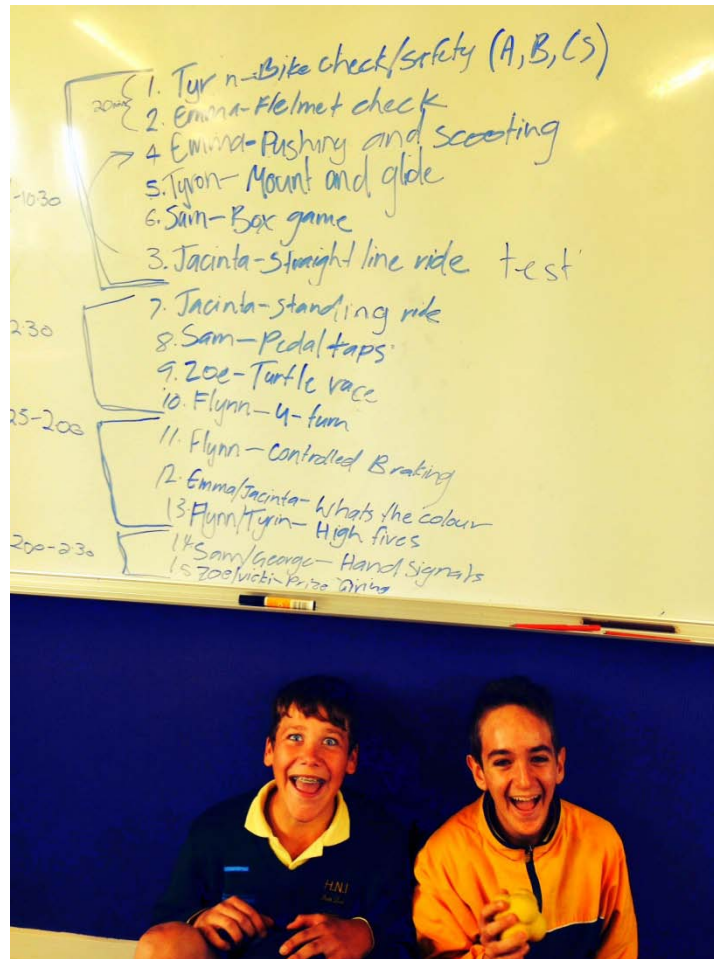




Cycle Skill Training – improving safety of cycle journeys



## Why Cycle Skill Training?



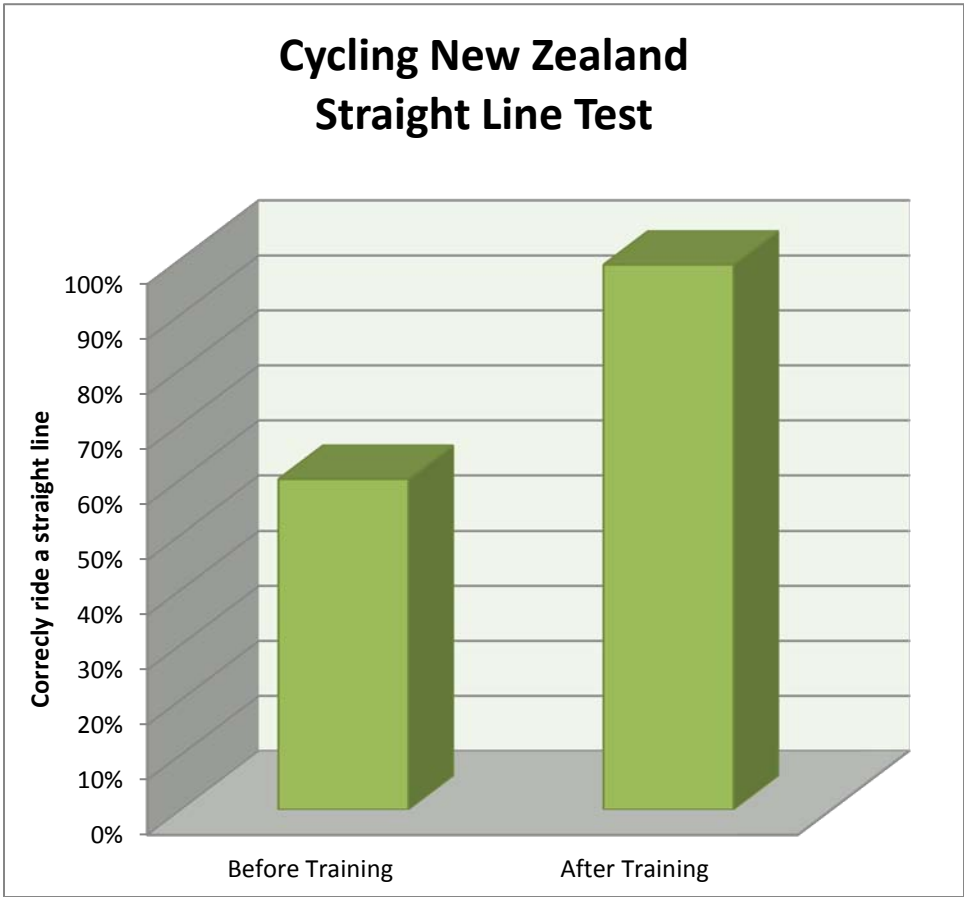
**How do we train people to ride bikes?**



**What programme to teach?**



**Improving skills to create safer journeys**



Skills Tested

### BikeNZ Cycle Safety Quiz

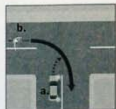


Read the questions and circle the correct answer.

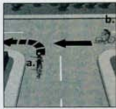
1. A stop sign at an intersection means?
  - a. You must stop cycling only if there are no cars coming.
  - b. You must stop completely, then move if way is clear.
  - c. You must slow down and give way.
  - d. You must slow down and be prepared to stop.
2. This signal means?
  - a. I am turning right.
  - b. I am waving to a friend.
  - c. I am slowing down or stopping.
  - d. I know the answer.
3. What are the legal requirements for riding a bicycle on the road?
  - a. A red or yellow rear reflector, two working brakes and helmet.
  - b. A seat, two wheels, a frame and handle bars.
  - c. A bell and lights.
  - d. A bike pump, spare tube, cell phone and toolkit.
4. Circle the correctly fitted helmet?
  - a.
  - b.
  - c.
  - d.
5. To stop my bike quickly I should use?
  - a. Back brake. b. Front brake. c. Both brakes together. d. My feet.



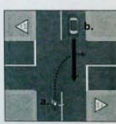
6. Who gives way at this intersection?
  - a. The car turning right.
  - b. The cyclist turning right.



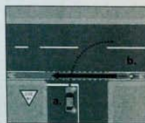
7. Who gives way at this intersection?
  - a. The cyclist turning left.
  - b. The cyclist going straight ahead.



8. Who gives way at this intersection?
  - a. The cyclist turning right.
  - b. The car going straight ahead.

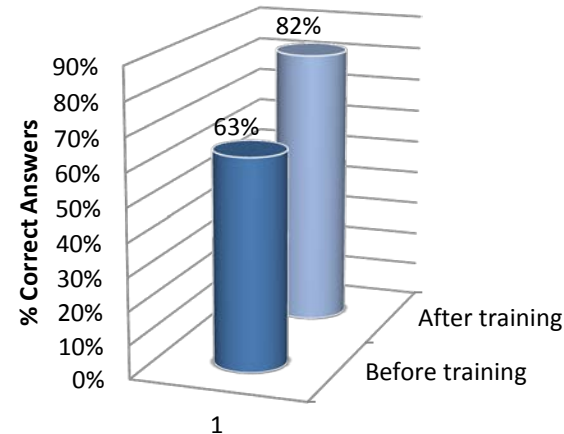


9. Who gives way at this intersection?
  - a. The car turning right.
  - b. The cyclist going straight ahead.



10. What position in the lane or road should you ride when cycling straight through a roundabout?
  - a. Always cycle on the left side of the lane at a roundabout.
  - b. Always cycle in the middle of the lane at a roundabout.
  - c. Always cycle on the outside of the lane at a roundabout.

## Cycling New Zealand Cycle Skill Quiz



	1
■ Before training	63%
■ After training	82%

## Knowledge Tested



## Qualified Instructors





SOMETIMES

THE

**SIMPLE**

THINGS ARE THE

**BEST**

THINGS

Facilities – a flat area



**Equipment required to teach**

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## Introduction to Road & Everyday Cycling

### Pakeke-Kaumātua

Adult Intro Cycle Skills Training

Do you want to:  
Boost your road cycling skills?  
Learn more about training for cycling events?  
Learn with like minded people?  
Build your confidence?  
Ride safety with your whānau?  
Get better at riding a bike?



Then come join us!

March  
10th/11th  
2015



Collaboration and team work



**Barriers encountered**



## Case Study – BMShe Women's Cycling Club



## Cycle Skill Training in Schools



## Cycle Skill Training for Adults



## Cycle Skill Training in Organisations



# Key points

- Cycle skill training increases knowledge, skills and confidence
- To create safer journeys for people cycling, regardless of age, you need to invest in cycle skill training
- Training increases safety