

- Encourage more training to gain even more skills
www.cyclingscotland.org
- Find out about cycle routes using the route planner, plus advice on school travel and resources
www.sustrans.org.uk
- Find out about cycling as a sport
www.sportscotland.org.uk
www.scottishcycling.com

OTHER USEFUL LINKS

- www.bhit.org
Bicycle Helmet Initiative Trust
- www.chooseanotherway.com
Scottish Executive –
Travel Choices in Scotland
- www.ctc.org.uk
UK National Cyclist Organisation
- www.thinkroadsafety.gov.uk
The Department for Transport
- www.roadsafetyscotland.org
Road Safety Scotland –
national road safety initiatives
and campaigns

Reasons to be cycling ... safely:

- healthy exercise
- fun
- more independence
- cheap and efficient
- non-polluting

WHAT MORE DO YOU NEED?



SCOTTISH EXECUTIVE

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Revised 2007



PARENT'S GUIDE
to the Scottish Cycle Training Scheme



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As a parent, the best thing you can do to help your child learn about cycling safely, is to show an interest and keep talking.

You can help your child through cycle training by:

- repairing or arranging cycle repairs as necessary
- encouraging wearing of a helmet and high-visibility clothing
- helping with homework: reading and talking about 'Arrive Alive'
- reading, and talking about the 'Cyclist's Guide'
- helping with the practical exercises in a safe place – cycle control; starting and stopping; turning left and right; overtaking a parked vehicle; emergency stop
- reinforcing safe behaviour – share the road; share the rules
- if possible get out on your bike with your child.

HANDY TIPS

The bike

- Your child will need help looking after the bike.
- Make regular inspections, with your child; pay particular attention to the brakes, tyres, steering and wheels.
- A bike needs to have the right lighting: a red rear reflector and, if cycling after dark, a white front light and a red rear light. These need to be kept clean in order to work properly.
- You'll find useful information about cycle maintenance in the 'Cyclist's Guide'.

The helmet

- A helmet will not stop an accident from happening but it will, almost certainly, reduce the injury.
- Check that it has the quality CE mark. The minimum standard is BSEN 1078 (European standard). The Australian standard SNELL/ANSI can also be used. If in doubt, get advice from your local bike shop.
- Measure the circumference of your child's head 2.5cm (1 inch) above the eyebrows.
- Make sure that the helmet is snug but not too tight (two fingers should fit between the chin and the strap)
- Make sure it rests straight, above eye level, covering the forehead.
- Straps should not be loose or cover the ears. The buckle should be under the chin.
- Always follow the instructions supplied with the helmet and use the fitting pads when necessary.

The clothes

- Cyclists wearing bright clothing give other road users a better chance of seeing them. So ... fluorescent for day; reflective for night. Both is better.
- Clothing must be suitable – **no** headphones, hoods, untied shoelaces, baggy trousers, high heels or loose hair. Wet weather gear is also sensible.

The Scottish Cycle Training Scheme course is just the start of your child's cycling journey. There's so much more ... please see over the page.