



**tfa** **THE VELO WORKS**

Events | Team Building | Challenges

# BUILDING CONFIDENCE

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# TFA Events & Velo Works

TFA Events and Velo Works have been running cycling events and supporting cyclists for many years both domestically and internationally.

Our experience spans training, maintenance, event design and management, group cycle riding and introduction to cycling.

Cycling is great for your health and well-being, having fun and a way we can all do our bit for the environment.

Whether you are new to cycling, enjoy cycling socially, to work or are a regular cyclist we have events and workshops that can support you.

Our team is on hand to support you on your cycling journey and please feel free to get in touch to chat to us more about how we can support you through our cycling workshops in your organisation, our domestic/international cycling events or our bike rental scheme.

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# Building cycling confidence

**It's never too late to learn to ride a bike!**

Cycling is not only a great life skill, but it is also a really great way to protect the environment, stay active, save money and research shows it can increase your life expectancy.

**So what's not to like!**

**Our cycling days are a great way to get you started. Our team is on hand throughout the day to help build your confidence and get you cycling!**

**Don't worry if you don't have a bike or helmet, all of the necessary equipment is provided, so you can just focus on the cycling part.**

**In this booklet, you will find a comprehensive guide to cycling and all you need to know.**

**We will provide you with :**

- Introduction you to the bike
- Getting ready to cycle
- Cycling safely
- Communications when cycling
- Maintaining your bike
- Highway code

**of the necessary equipment is provided, so you guide to cycling and all you need to know. We will:**





# Getting ready to cycle

## Cycle Helmet

Whenever you go on a cycle journey, no matter how short, please make sure you wear a cycle helmet and it is fitted to your head correctly.

Every cycle helmet will have a chin strap, side strap and headband, which can be adjusted to fit you.

To make sure you have your helmet fitted to your head correctly, just make sure the helmet is:



Level on your head one inch above your eyebrows



Snug to your head but not too tight



Chinstrap is snug to your chin, but not tight or uncomfortable



Side straps form a 'Y' around your ear



Clean after use



# Getting ready to cycle

## Your Bike

Now you have fitted your helmet correctly you need to check your bike.

Before every cycle, journey remember all you need to do is remember your A, B, C

## Saddle

One other thing you need to think about is your saddle and if it is set at the correct height.

The best way to check this is to check is when you stand next to the bike, the top of the seat should come up to your hip.

## Handlebars & Wheels

Also, check that your handlebars and wheels are fixed on tight and not wobbling. Do ask our team if you have any concerns.

### AIR

Check the tyres are firm. You should be able to squeeze them a tiny bit.

### BRAKES

Make sure both brakes stop the wheels from turning.

### CHAIN

Ensure the chain is clean, oiled and runs smoothly.



# Cycling safely



## Your bike

Now you have fitted your helmet correctly you need to check your bike.

Before every cycle, journey remember all you need to do is remember your A, B, C

## Saddle

One other thing you need to think about is your saddle is set at the correct height.

The correct height is when standing next to the bike, the top of the saddle is the same height as your hip.

You can adjust your saddle with a standard bike alan key (available from all bike shops).

## Handlebars & Wheels

Do also check that your handlebars and wheels are fixed on tight and not wobbling.






Most bikes have a quick-release lever, on the wheels, which you tighten. Please ask our team if you are unsure about anything.

# Cycling on the road






## Your Journey

Starting and finishing your journey correctly will all lead to a more enjoyable cycling experience.

When starting your journey make sure you can...

-  See the traffic coming from all directions
-  Your pedal is positioned at 2 o'clock
-  Your brakes are on when stationary
-  Your brakes are on when stationary
-  You set off when it is clear of traffic

When finishing your journey make sure you can

-  Look behind for traffic before braking
-  Stop with you left foot on the kerb
-  Stop between parked cars
-  Apply the brakes fully
-  Check pavement is clear when mounting

When cycling you need to know what is around you at all times. Communication is key and the best way to communicate with other road users is by using eye contact, your road position and hand signals.

Good communication tells road users you are in control, you know what they are doing and they must share the road with you.





# Things to remember

## Positioning, Junctions and passing

Throughout your cycling journeys, you will need to share the road with other users. Knowing the best position, how to manage junctions and how best to pass other road users will be essential.

### Primary

The primary position taking the middle of the lane, which gives you greatest control of your space and visibility to other road users. Use signals and when on narrow roads, in traffic streams and at junctions.

### Secondary

The secondary position is when you need to share the lane with other road users. Ride on the left and should be used when there is plenty of space for you to be overtaken. For example on wider roads.

### Junctions

Look behind & ahead to understand who has priority. Communicate your intentions with hand signals as early as possible. Remember the best position to use when approaching the junction. Check behind you before you turn.

### Passing

Look behind & ahead to understand who has priority. When there is time and space move out, pass the vehicle leaving space to clear an opening door. If you ride on the other side of the road, give way to oncoming traffic.

**Good communication tells road users you are in control, you know what they are doing and they must share the road with you..**



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