

5. Getting on and off your cycle

National Standard reference: 2.1.1

Instructing points

Getting on and off a two-wheeled cycle

- Understand the advantage of getting on and off from the left of a cycle in the UK.
- Pull your brakes before getting on or off the cycle.
- Lean your cycle towards you to lower the saddle (if required).
- Put your leg over the saddle or step through the cycle (if appropriate) when getting on or off.
- Keep your brakes on when stationary and when sitting on the saddle.
- Keep a foot on the ground that is far enough away from the frame of the cycle to help with balance when seated and stationary, or when getting on or off.
- Keep your brakes on, lean on one foot and swing your leg over the back of the cycle to dismount.

Activity ideas

Consider teaching getting on and off when checking that the cycle fits.

Demonstrate getting on and off, asking riders to watch what you are doing to make this easy. Draw out the key coaching points from them as you demonstrate.

Ensure that riders who are standing with their cycles have sufficient space between them. Then ask the riders to practise getting on and off. Practise this on both sides and then place particular emphasis on the left side and discuss why this is normally the preferred side in the UK.

Sample questions to check understanding

- Q. What is the advantage of getting on a cycle from the left in the UK?
- Q. Why should you pull the brakes when getting on and off or when your cycle is stationary?

Differentiation

Inclusion

Riders using specialist or adapted cycles may require a different technique for getting on or off their cycles. For all cycles, brakes should be applied when getting on or off.

Extension

Simplify

Demonstrate the activity one to one with a rider who needs more support or ask them to watch a friend who can already do it. Give them one instructing point to focus on and practice.

Challenge

Riders will benefit from learning how to get on and off from both sides. This will improve their balance and co-ordination and may help them if cycling abroad in future.

Challenge riders to get on or off their cycles in a swift, single movement.

Risk benefit assessment

Risk

A rider may fall over another member of the group after stepping onto their cycle when getting off.

Mitigation

Ensure riders have sufficient space between each other when practising getting on or off.

Benefits

Riders are able to develop their technique getting on or off their cycles without falling over.