

19. Riding in more complex environments

National Standard reference: 2.1.1, 2.1.2, 2.2.1, 2.2.2, 3.1.1, 3.1.2, 3.2, 4.1.1, 4.1.2, 4.2.1, 4.2.2, 5.1

Instructing points

This activity recaps all previous experience and allows riders to apply the four key skills to more complex road environments. If delivering Bikeability, this is a bridge between Level 2 and Level 3, moving to more complex and busy T-junctions.

Additional resources

Checklist of off-road and on-road activities to recap

Activity ideas

After meeting your riders, it's important that you reassess their control skills in a traffic-free environment. They should only progress onto the road and more complex environments once you are happy that they are ready to do so.

If working with a group, you can assess riders with 'snaking-based' activities. This will give them plenty of riding time and help develop their group riding techniques.

Off-road recap activities:

- Preparing for a journey, including clothing, helmet and cycle checks.
- Starting and stopping routines and quick stops.
- Using gears (if present) and practising speeding up and slowing down with control.
- Carrying out observation techniques, including looking behind when riding in a straight line.
- Riding with one hand. Ask riders to practise looking behind *at the same time* as signalling – a helpful technique for riding in more complex environments.
- Switching between single and double snakes with different riders taking turns at the front.

On-road warm-up activities can include a recap of linked manoeuvres carried out in previous training. These activities should ideally take place on busier roads than those typically used in Level 2 training courses. Training during the rush hour may be a way for riders to experience more traffic on single-lane roads.

On-road recap activities:

- Cycling through road narrowings on busy roads where it's better to move into primary position and for cyclists to ride assertively.
- Passing busy side roads, performing a U-turn and riding back to the start.
- Turning left into side roads, performing a U-turn, and then turning right back into main roads (or vice versa).

Activity ideas (continued)

- Turning right into side roads, performing a U-turn, and then turning left back into main roads (or vice versa).
- Negotiating crossroads from different directions.
- Negotiating mini-roundabouts.

Sample questions to check understanding

- Q. What aspects of your cycling do you need to work on?
- Q. What routines can you remember from your last cycle training course?
- Q. How can we speed up and slow down with control?
- Q. How can we help each other when riding in a group?
- Q. What can we do to stop drivers overtaking too closely?
- Q. How might our speed affect the position that we ride in?

Differentiation

Inclusion

Some riders, for example those with one arm, may not be able to signal. Allow them time to practise in the control skills warm-up session. Coach them on alternative ways to communicate and consider buddy riding options.

Extension

Simplify

Some riders may be nervous about training on busier roads. Deliver activities at the riders' pace and consider options for supporting less confident riders (such as buddy riding or using alternative sites).

Challenge

Use progressively busier junctions and faster roads (up to 30mph) for the Level 2 recap activities. Consider using crossroads to make the activities more complex.

Make independent riding exercises longer to increase the likelihood of riders experiencing traffic.

Risk benefit assessment

Risk

- One rider completes the traffic-free skills session but is still very wobbly. You decide that they are not yet ready to ride in busy on-road environments like the other members in the group.
- One rider is cycling very slowly which leads to a greater difference of speed with other road users. This makes it harder to move into primary position.

Risk benefit assessment (continued)

Mitigation

- Consider whether to adapt the group's training so the rider can be included. Or, you can direct the rider to further Level 1-style training and practice opportunities.
- Prompt the rider to use their gears. You could also ride with them and remind them to make regular observations and communicate with other road users. You may want to review the suitability of sites used for the on-road training.

Benefits

The training is delivered in a rider-led manner. Competent riders receive the challenge they need, while those who may be struggling have more opportunity to practise.