

10. Sharing space off road with pedestrians and other riders

National Standard reference: 2.2.2

Instructing points

- Ride at an appropriate speed for the environment in which you are riding, and slow right down when sharing space with pedestrians.
- Understand where pedestrians have priority.
- Communicate with pedestrians if you wish to pass them, by speaking or politely ringing your bell.
- Pass people walking slowly and, when there is room, pass them wide. Otherwise, remain behind them if there is no room for you to pass.
- Remain behind other riders until there is room for you to pass.
- Communicate with slower riders if you wish to pass them, by speaking or politely using a bell.
- Give enough space when you pass other riders.
- Pass other riders slightly faster than their riding speed.

Activity ideas

Ask riders to ride up and down the traffic-free space while you walk randomly in that space, pretending to be a person who is not paying attention. You change your line by walking onto the path of riders, requiring them to stop or change their position to avoid a collision. Ensure the riders are kept in sight when carrying out this activity (possibly by a co-instructor being positioned on the outside of the training area).

Ask riders to 'free ride' within a designated space. Riders can ride in any direction provided they ride slowly, observe before changing position and communicate with each other. Asking riders to do this without putting a foot down adds another level of challenge. The space can also be made smaller for further progression.

The training area may be shared with other people (such as a school playground where people may cross). If so, tell the riders to look out for people walking in the space as they will have priority.

Practise 'doubling up'

Explain the exercise when all riders are lined up in single file in the snake (or when riders are 'on the move' if they can manage this). Give each rider a number – either number 1 or number 2 – with the intention that the number 2's normally double up on the right-hand side of the number 1's in front when an instructor calls out "Double up". Riders should check over their shoulder before doubling up or singling out, and only move if clear. Ensure that riders experience being on both sides. Suggest that the riders quietly talk to their partner if this helps them to double up/single out.

Activity ideas (continued)

You can also get riders to ride in a snake with larger gaps between each rider. The rear rider moves through the snake passing through gaps between riders in front, saying “Excuse me” or “On your left” or “On your right” and passing slowly and wide. Then the next rear rider does the same.

Sample questions to check understanding

- Q. Who has priority on a park path, people walking or riding?
- Q. How would you like a faster rider to overtake you on a cycle path?
- Q. What can you do to help each other when doubling up or singling out?
- Q. When riding in a group, how can you make each other aware of hazards?

Differentiation

Inclusion

Riders riding on wider cycles may need to wait longer until there is space to overtake.

Riders with a hearing impairment may not hear a verbal cue or a bell.

Riders who lack experience may require a wider space and a more experienced partner if practising doubling up.

If riders carry out games that focus on sharing space, ensure that activities do not exclude riders who struggle. The least skilled riders will need the most time to practise.

Extension

Simplify

A rider who is less confident to follow and copy a rider who is more confident making independent decisions. Using a larger training area can also help less confident riders by giving them more space.

Challenge

Get riders to ride randomly around the traffic-free space, asking some to ride slower than others. Encourage them to tell people that they wish to overtake, or make eye contact with riders coming towards them. They can communicate verbally or through body language to show which direction they intend to pass.

Change the order of the snake and get riders to double up with a different partner (without you prompting them on which side they should double up).

When riders are cycling in the snake, give each rider a number (according to their position in the line). When a rider's number is called, they need to make their way past the other riders to the front.

Risk benefit assessment

Risk

Riders collide with a person on foot or a slower rider.

Mitigation

Ensure riders understand that they have the option to ride slowly behind walkers or slower riders (they can even walk if they need to). Coach riders on the technique for riding very slowly (pushing down and up on the pedals while using 'soft' brakes).

Benefits

Encouraging riders to ride in a public traffic-free space will give them the chance to practise sharing space (this is helpful for riding in the park, for example).