

- The best way to carry stuff is in pannier bags which fit on a rack over the back wheel. This doesn't affect your balance and you don't get a sweaty back.
- Carrying stuff in a rucksack on your back is ok for short distances; bags with straps over both shoulders are better than one-strap bags as they don't slip around.
- **Don't hang carrier bags full of stuff on your handlebars.** They make it harder to steer, which can be dangerous, and if they get caught in the wheel you might fall off or be forced to stop suddenly in traffic.

Ride considerately

- Slow down for pedestrians on shared paths, especially older people and small children. They may not hear you coming; use a bell to warn them, or call out (politely!) to let them know you are there.
- Give clear hand signals when riding on the road so that drivers know what to expect (this is also safer for you). Look behind you before signalling/turning right.
- Don't swerve on and off the pavement onto the road without looking.

Get training

You can learn how to ride with skill and confidence on the road thanks to Bikeability cycle training available across the whole of Shropshire!

Bikeability Level 3 suitable for secondary aged children is provided through Learncycling. Basic cycle maintenance may also be available. For further details please contact admin@learncycling.com



Know your route

- Try it out at a quiet time before you start cycling to school.
- Make a note of possible hazards and watch out for them on your way to school.

If you want to know more:

Bikeability

<https://bikeability.org.uk/>

Highway Code

www.direct.gov.uk/en/travelandtransport/highwaycode/cyclists/index.htm

Sustrans

www.sustrans.org.uk



If you cycle to school
you need to read this!



Cycling is fun,
healthy, quick and
a non-polluting
way to travel

The Priory School wants
to encourage students to
cycle to school.

We provide secure
undercover parking and
we are looking at other
ways to encourage
cycling.

If you have any
suggestions please send them
to:

info@tpstrust.co.uk

Top tips for safe and enjoyable cycling!

Be seen

- **Wear bright clothing and/or accessories.** If you carry your bag on your back put a fluorescent cover on it or use fluorescent stickers.
- **Use lights from dusk onwards, or whenever the weather is grey or foggy (THIS IS THE LAW).** They help other people to see you especially car drivers; remember just because **you** can see by the street lights doesn't mean you can be seen by drivers.
- **Don't assume a car driver has seen you,** even in daylight. They may be concentrating on other traffic not on you, especially at junctions and roundabouts.
- **Ride about 1 metre out from the kerb or from a line of parked cars.** Drivers will be more likely to see you and to give you enough room when they overtake. Watch out for car doors opening.
- **Don't overtake cars (or other cyclists) on the inside (left)** unless the traffic has stopped at traffic lights and you have a cycle lane to take you to the front of the queue. You might get hit by traffic turning left.



Check your bike at least once a week

- **Pump up your tyres.** The right pressure is shown on the side of the tyre. You can damage the tyres and inner tubes by riding with tyres that are too soft; and they seriously slow you down. A floor-standing pump makes it easier to get the pressure high enough.
- **Check that the brakes work.** The left (back) brake works more gradually and the right (front) brake should stop you suddenly. Use both brakes when you want to stop.
- Check that nothing is loose and that the handlebars are at right angles to the frame.



Be safe

- **We recommend that you wear a helmet when cycling.** Replace it if it gets hit or badly scratched as it will no longer protect you.
- **If you wear a helmet make sure that it fits properly,** otherwise it will be useless.
- The helmet should fit snugly and not slide around on your head. It should come down over your forehead (but not your eyes!) See <https://www.halfords.com/advice/cycling/how-to-guides/video-how-to-fit-a-cycle-helmet> for tips on how to fit your helmet correctly.