

Safe CYCLING



The Occasional News Sheet of Hampshire Cycle Training
Late Summer 2007

WELCOME

2007 has so far been a bumper year for Hampshire Cycle Training. While many parents, schools and businesses recognise the importance of cycle training there are still some who cannot yet ride. Our beginner training is very popular, but not just for children. The smiles a 65-year old lady gave as she took her first unaided pedal strokes were a joy to behold.

We have also been involved with special needs training with some notable successes. When a lad with Downs Syndrome pedalled away into the distance the cheers shook the surroundings and tears came to many eyes. Truly awe-inspiring.

Even if you cannot ride, we can teach you.

CALL US:

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NEXT ISSUE











Focus on our popular Adult Refresher Training and riding to the workplace.



CYCLE TRAINING TAKING OFF

HAS YOUR CHILD RECEIVED CYCLE TRAINING?

2007 has seen a major upsurge in National Standard training for school-aged children in Hampshire, with courses being run throughout the County. With increasing pressures on parent volunteers, Hampshire Cycle Training has provided courses for many local schools and groups as the demand for quality training increases. Here are just a few examples...

-  40+ children trained at a north Hampshire village school;
-  20+ children and parents trained at a New Forest school;
-  10+ young people trained at a Test Valley Special Needs College;
-  40+ children trained at a Hampshire Community College;
-  nearly 50 children and parents trained with a School PTA;
-  30+ children and parents trained at each of two Basingstoke schools;
-  nearly 40 trained on cycling to their secondary school in Eastleigh;
-  20+ trained at a small country primary school;
-  30+ trained to cycle to secondary school in Hart....
-  and over 1200 trainee sessions have been held so far this year for individually arranged groups, businesses and beginnersand these examples are the only tip of the programme!

No longer need training rely on the availability of a parent volunteer or the lottery of being pulled out of a hat for a limited number of places!

If you would like to discuss how we can provide training in your area please contact us soon – dates are already being booked for next year!



SUCCESSFUL LEISURE CYCLING WEEKEND RAISES OVER £200

Hampshire Cycle Training helped raise over £200 to help two Whitchurch children who have been diagnosed with Leukemia – and they are in the same class. HCT's Tour of Britain Weekend was timed to coincide with the top international race passing through Hampshire and a full series of events was organised.

Over 30 cyclists had a cycle safety check and cycle security marking at a Dr Bike session, while a Family Treasure Hunt saw nearly 20 set off around the north Hampshire lanes before enjoying drinks and cakes at the finish. Meanwhile a very popular Cycle Training session was held for both younger children and adults. On the day of the race, a pleasant Coffee and Croissants Ride was held to White Hill near Kingsclere where the race was seen on its first 'mountain stage'.

Left: Riders set off on HCT's Family Treasure Hunt.

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MORE MECHANICAL MAYHEM

In our last issue we highlighted the incredible number of upside down handlebars our instructors find. This time we look at the 'V' brake, a common braking system on many of today's bikes.

Well-adjusted working brakes are the most important feature of a bike – a bike that cannot stop may kill.

Yet many of these brakes are found with the cradle that holds the brake wire in a dangerous and potentially lethal condition – so that they can fail when being pulled up. often these are made of low quality metal that easily bends.

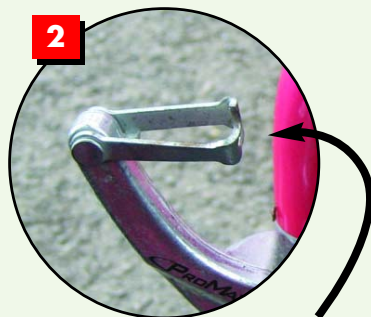
On many cheap bikes the quality is so low that this is now one of the first things a qualified Instructor will check when seeing a bike from a supermarket or motorparts chainstore.

REMEMBER – All Hampshire Cycle Training Instructors are trained, qualified and insured to adjust cycles, unlike many other schemes.

Ask about our **BikeCare Courses**.



Above: *The cyclist with this broken brake had been on a non-National Standard training course!*



Above: *Note how the 'cradle' slot has been bent open. Squeeze this together with pliers and place a zip tie around it for added security. Better still, take it to a good quality cycle shop and have it fixed professionally. DO NOT RIDE!*

WHO ARE CYCLING INSTRUCTORS?

A question we are often asked....

Traditionally, cycling instructors have been volunteers, often parents, who have offered their services to help assist young people to become more road aware. However, with the changing road conditions the need for fully trained and experienced instructors has become essential.

The *National Standard Cycle Training*, also known as *Bikeability*, can only be delivered by nationally accredited trainers who have successfully undertaken a comprehensive course at a recognised training centre. After a period of mentoring and assessment the instructor can then become fully qualified.

We have heard that in some areas, 'instructors' receive little more training than a talk in a meeting room, are not allowed to ride with the trainees, and cannot make even minor adjustments to cycles. Yet they are then permitted to take young children on to roads. Some are not even regular cyclists.

Whilst we support all forms of cycle training, we do strongly urge all who commission cycling instruction, or who send their children on a course, to check on the qualifications of the Instructor, to ask about their training and road cycling experience and above all to ensure that they are accredited to deliver the nationally approved course. Call us if you are unsure.

It is the child's safety that is paramount and in today's road conditions children deserve no less than the best.

MORE INSTRUCTORS WANTED – JOIN US

Hampshire Cycle Training continues to seek further occasional freelance instructors to cover a variety of training activities.

For an informal chat please contact: john@hampshirecycletaining.org.uk

FAREWELL TO A TOP INSTRUCTOR

HCT wishes leading instructor Gareth Williams the very best in his move to Cheshire. Gareth was one of the first to join HCT and was soon training many youngsters and adults in the south Hampshire area. Gareth was extremely popular and even appeared briefly as an HCT instructor on Meridian TV when Tour de France professional Bradley Wiggins* attended a terrific session set up by leading DIY business B & Q. Gareth will be missed – a Great Bloke.

*Sssh: Don't tell Bradley that Gareth sneakily tried on his aero-helmet when he wasn't watching!

Right: Gareth leads a school training session, wearing his **own** helmet.



TRAINING FOR TODAY'S REAL ROAD CONDITIONS



National Standard Cycle Training is geared wholly to teaching riders of all ages to ride on today's roads. As training progresses it moves onto dealing with real-world situations where correct road positioning is all important as riders become 'part of the traffic'. Above, a young rider is dealing with a roundabout. Note how he has positioned himself as part of the traffic stream rather than getting squeezed to one side. HCT trains riders to take particular note of where other road users are looking and to ensure they are within their sightlines.

A cyclist who exhibits confident riding with clear signalling of intention and positive road positioning will gain much respect from other road users.