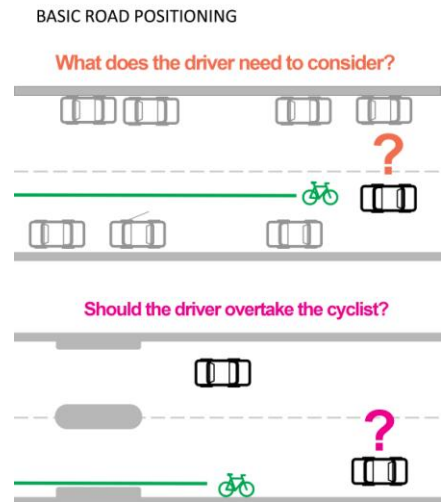


**The Cycle Awareness Seminar for drivers looks at the drivers' experiences of interacting with cyclists. The aim is to encourage drivers to empathise with cyclists and to minimise the risk between the two road users.**

This one hour interactive session delivered by a cycling instructor covers topics such as the driver's experience of interacting with cyclists, cyclist road positioning – where cyclists ride in different road infrastructure (traffic lights, junctions, advanced stop line, by parked cars etc), how cycling levels have changed and its impact on driving, and how inexperienced cyclists may ride on road.



## SEMINAR OUTLINE

### Introduction

Looking at the increase in cycling and why people cycle

### Shared experience

Drivers talk about their experience of cycling (many drivers are also cyclists) and cyclists

### Interactions

Looking at a particular interaction from the driver's perspective and also from the cyclist's perspective – looking at potential conflict and how issues can be resolved.

### Cyclist riding position on road

Looking at the theory of assertive cycling. Interactive session with diagrams showing different road infrastructures and the best position for people to ride (and where less experience cyclists ride) including:

- On a road with parked cars (and at 'pinch' points on the road)
- Junction turns
- At traffic lights/advanced stop line
- When using bicycle lanes/CSHs

### Minimising risk

Sharing practical ways that drivers can minimise risk

### Conclusion and actions points

Discussing misconceptions, lessons learnt and action points.

### Outcomes include:

- Sharing of drivers' experience of interacting with cyclists
- Understanding of cyclists' perceived risk and real risk
- An understanding of rider behaviour
- Drivers' actions to minimise risk

Cycle Training UK has delivered training seminars to a number of driver organisations including Veolia, Go-Ahead, Hackney Home drivers (their whole fleet of some 113 drivers) and Addison Lee.

### Feedback from Hackney Homes Drivers

'Very interesting and has given me a better understanding of bike movement' **Stephen**

'Made me more aware of cyclists positioning in the middle of the lane' **Peter**

'It will make me more aware of new cyclists road positioning and the reasons for some of cyclists' actions' **Theron**

'Very useful reminder of the need to be aware' **Mark**