

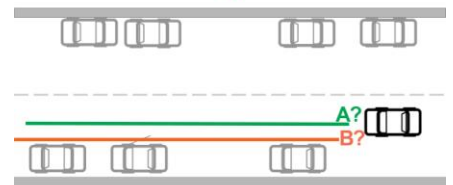
The Cycle Safely Seminar focuses on the employees' experience and looks at improving their cycle commute while minimising risk.

This one hour interactive session is usually delivered as a 'lunch and learn' but it can take place any time during the working day. The focus is on low risk cycling in the Capital and is suitable for a range of cyclists from those considering cycling to work to experienced commuters. Organisations may book this seminar as part of their corporate responsibility to enable their employees to cycle in a low risk manner, as part of their sustainability strategy or employee wellbeing schemes.

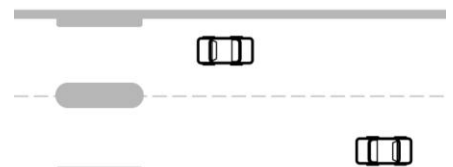
Cycle Training UK has been delivering seminars to businesses for over 8 years to businesses including Age UK, Herbert Smith, Google, Marks & Spencer, Carbon Trust, Douglas & Gordon, Glaxo SmithKline and BSKyB.

BASIC ROAD POSITIONING

What's the best riding position on this road?



Where should a cyclist ride at these pinch points?



SEMINAR OUTLINE

Introduction

Employees talk about their cycling experience and their commute to work. The benefits of cycling: health, a practical mode of transport, fast, cost-effective, flexible, sustainable, environmental and other benefits.

Risk

How safe is cycling as a mode of transport? Statistical information comparing the risk of different transport modes.

Bike check

Interactive bike check showing checks for air pressure, brakes, gears and control. Looking at ensuring your bicycle is a good 'fit' for the rider and adjustments to ensure a comfortable ride.

The cyclist

Discussing how clothing, nutrition, health and skills can help making cycling more enjoyable and low risk.

Skill set

Outlining the basic controls skills required before going on road including handsignalling, emergency braking, using gears, swerving and looking behind. Discussing the best way to communicate/negotiate with other road users. Understanding the Highway Code. Information about subsidised cycle training sessions for employees.

Infrastructure/positioning

Discussion with participants on low risk positioning in different road infrastructure including:

- on a road with parked cars (and at 'pinch' points)
- junction turns
- at traffic lights
- when using bicycle lanes/Cycle Superhighway

Cycle training/Bikeability

Information about individual training opportunities available to employees including subsidised training, journey accompaniment and route planning.

Q&A

Talking through any concerns or issues employees may have about their ride to work.

"It was a good opportunity just to step back and think for a moment in what ways our cycling routine can be made even safer. I liked the bit about emergency braking for example, and how to avoid flying over the handlebar."

"I thought it was very useful ... I cycle regularly and I confess that I get a bit complacent and it's good to be reminded of key behaviours to be safer –cycling to work this morning I was more aware."