

TRAINEE CASE STUDY for Direct Support for Cycling 7:

Cycling on local roads



Charlie's mum Henrietta had cycled a lot in London in the past and wanted her sons to take cycle training to become confident at cycling on local roads.

In the lesson, Charlie, aged 10, learned signalling, how to set his pedal, cover his brakes and the 'ABC' check.

The 'ABC' check is a simple way for bike owners to quickly test the roadworthiness of their bicycle: 'A' is for 'Air' – ensuring the the tyres are fully pumped, 'B' is for 'Brakes' – testing that both brakes work and 'C' is for 'Chain' – making sure that the chain runs smoothly.

Charlie thought the training was fun.

“I like riding downhill but not uphill. I might cycle to high school when I start this year’

Charlie, Age 10