

CYCLE TRAINING UK CASE STUDY

CPC 'Safe Urban Driving' Practical Session

CLIENT: Hammersmith & Fulham Local Authority
PROJECT: Co-delivered the first TfL CPC accredited 'Safe Urban Driving' 3.5 hour practical session

DATE: September 2011
AIMS: To encourage Serco drivers (Hammersmith & Fulham's provider) to empathise with cyclists and to minimise the risk in the interaction between HGV drivers and cyclists. Also to highlight the health and benefits of cycling

RESULTS: The drivers rated the course very highly. Importantly, the drivers connected with the cycling experience, becoming aware of factors such as the closeness of other vehicles, road surface and noise. They cited a number of ways the practical cycle experience would impact on their driving.

Cycle Training UK co-delivered the first Certificate of Professional Competence (CPC) accredited practical session in September. The one day training 'Safe Urban Driving' course comprises of a practical and a theory module and contributes 7 hours towards the legal CPC requirement of 35 hours of professional training for drivers.

Cycle Training UK led the Safe Urban Driving practical session with Bikeworks, delivering to Serco HGV Drivers - Hammersmith and Fulham's Environmental Services contractor.

The practical session included a short classroom session where the drivers talked about their interactions and experiences with cyclists but the core of the training is practical where drivers ride on bicycles. The practical training included:

- Bicycle control skills (off road)
- Group ride to on-road locations to experience cycling in traffic.
- Correct road positioning for cyclists (and managing less skilled cyclists that may not ride in the best position)
- Drills using infrastructure and areas of potential conflict including junction turns, traffic lights and ASLs.

The theory session covered the changing streetscape and the current interventions that protect vulnerable road users.

When cycling on road and carrying out cycling drills, drivers commented on the cyclist experience - from the noise that large vehicles make to the difficulty of balancing on rough road surfaces and feelings of vulnerability when cycling in traffic. The drivers outlined the ways that their training would impact on their driving. Their comments included: giving cyclists more room, being patient and 'holding back' when driving behind cyclists.

The feedback from the session was extremely positive. The drivers rated the session as being highly effective and the training 'Thorough and considered, very good job!'



"TfL is proud to launch the first CPC accredited courses comprising 'Safe London Driving' (theory based) and 'Safe Urban Driving' (theory and practical modules) for professional HGV drivers. The theory modules are aimed at communicating interventions that protect vulnerable road users, while the practical aspect give drivers a 'view from the saddle' and how they can share the road safely with cyclists. TfL will be rolling out Safe London Driving to Biking and Cycle Superhighway Boroughs across London" **Glen Davies, Freight Development Manager, Transport For London**

"Hammersmith & Fulham is committed to making the roads safer for all users in the Borough. To that end we are the first Local Authority to deliver TfL's CPC Safe Urban Driving accredited course. Feedback from the HGV drivers of our environmental services provider Serco show that the combined theory and practical sessions have made a real impact on their perception of cyclists and will help drive behavioural change" **Richard Evans, School Travel Adviser, Highways Division Hammersmith & Fulham**

For more information about our CPC 'Safer Urban Driving' training please contact Maresha on 0207 232 4382
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