

Urban Cycling Skills

Information pack



Life Cycle  UK



Hello!

Thank you for your interest in our Urban Cycling Skills training. This is advanced cycle training aimed at cyclists who already have good basic skills but who want to develop their technique and ability to a higher level.

We offer a personal service with tuition tailored to your individual needs. Training is one-to-one – that's you and your personal trainer, and it takes place at a time place convenient for you. We cover Bristol and Bath.

These pages explain what you can expect from a training lesson and what you need to do by way of preparation. If you need further information please phone the Life Cycle office.

Why take training?

Our Urban Cycling Skills training will enable you to cycle further and faster, with less effort and less stress. You will learn how to handle complex junctions, multi-lane roads, roundabouts and traffic gyratory systems. You will be able to “read the road” more accurately and better predict other road users’ actions. We will show you how to take the road space you need, communicate your intentions to others, and to complete manoeuvres smoothly and effectively. You will have more control over your bike and over the treatment you receive from other road users.

Our training is ideal for commuters who want a more hassle-free journey or for professional riders who need to cross town quickly at peak times.

Booking a training session

Please book by phoning 0117 353 4580. We will ask you a few questions about your cycling experience and take payment. Please have your credit- or debit-card ready. Alternatively you can post us a cheque (made payable to Life Cycle UK). Lessons cost £30 for one hour, or if you live in the city of Bristol it's just £5 for your first lesson.

Once you have booked and paid for your training session one of our instructors will contact you to arrange a convenient date and time. Please keep to that appointment. If you have to cancel it is important that you give us at least 48 hours notice otherwise we are unable to return your fee.

When booking it is important that you tell us if you have any health-related condition that might be affected by exercise. If you think you are unfit, are on medication or have not exercised for a few years we recommend that you check with your doctor before booking a cycle training lesson.



Your booking is subject to our Terms and Conditions. Copies are available on request or may be downloaded from our website.

Your instructor

Life Cycle UK's instructors are all experienced cyclists and have been trained to the Government-approved National Standard. If you have any questions about your cycle training then don't be afraid to ask your instructor. Look upon training as a partnership, but remember that your instructor has considerable expertise – please follow his or her instructions as requested.

We have both male and female instructors and can match you with a person of the same gender if you wish.

Your bike

You must have a roadworthy bike. Please read our *M-shape bike safety checklist*, which explains what we mean by "roadworthy". Copies are available on request or can be downloaded from the Life Cycle UK website. You must inspect your bicycle well in advance of your training lesson and it must pass all of the safety checks. If you are unsure, take it to a reputable cycle shop. Before going out on the road your instructor will carry out a basic safety check - the training session will be cancelled and no money can be returned if your bicycle is not in a roadworthy condition.

Setting goals

Your instructor will ask you why you're doing this training and what you want to get out of it. Please think about this. Do you have a particular trip or purpose in mind, such as cycling to work? Are you looking to get fit or lose weight?

Together with your instructor, you should decide goals for each training session and for your training course as a whole. These will give you something to aim for and to measure your progress against.

Cycle helmets and fluorescent clothing.

High visibility garments such as tabards are not required by law but may be useful on busy roads, in bad weather and in poor light. Cycle helmets are recommended by the Highway Code but are not required by law. It's your choice. Amongst cyclists there are strongly held opinions both for and against helmets.

If you do wear a helmet, it should be of a recognised standard and be in good condition. It should fit you properly and be adjusted correctly.

- Measure your head around its circumference, about 25mm above the eyebrows. Match your head size to the size of the helmet (printed in the helmet, on a label or on the box).



- Place the helmet squarely on your head. It should sit about one inch above your eyebrows. If it's loose, use the pads provided to get a closer fit. It should feel snug all the way around, but not too tight.
- Keeping the helmet level, adjust the outside straps using the sliding clips so there is no slackness.
- The front strap should be as vertical as possible. The rear strap should join the front strap, just under the ears.
- Fasten the buckle, which should rest under your chin, not on the jaw line.
- Try to rock the helmet on your head. It should have minimal movement.
- Helmets with peaks are not recommended for urban roads as the peak can obstruct your view of traffic signals.

Weather

Learning to ride in the rain and on wet roads is an important skill. Except in the case of extreme weather your training session will go ahead. So dress accordingly! If your lesson is to be rescheduled your instructor will phone you and arrange another appointment.

How many lessons?

Most of our clients report a big increase in their levels of knowledge and ability after just one session. However, real skill develops over time and with practice. We therefore recommend that you take a series of lessons.

After your training session

At the end of your training session there will be an opportunity for you and your instructor to discuss the points covered. Your instructor will answer your questions, tell you how you're progressing and suggest a few things for you to practise.

Your views

We value your feedback and suggestions. If you would like to comment on your training session in please contact us.



Some pre-reading.

The best way to learn to cycle is by doing it! But we also recommend the following:

Cyclecraft: The Complete Guide to Safe and Enjoyable Cycling for Adults and Children, by John Franklin.

A useful guide to cycling in a range of conditions. You can order a copy via the Life Cycle UK website.

http://resources.lifecycleuk.org.uk/product_info.php?cPath=32&products_id=192

Bike Easy: Top Tips & Expert Advice for the New Cyclist, by Peter Andrews.

105 nuggets of advice to make your cycling easier, safer and more enjoyable. You can order a copy via the Life Cycle UK website.

http://resources.lifecycleuk.org.uk/product_info.php?cPath=32&products_id=263



Other services from Life Cycle UK

- Keep your children safe and give them a great cycling experience. Our **Cycling Courses** teach 8-11 year olds essential skills. Courses run during the school holidays.
- Keep your bike running smoothly. We run regular BMWs – that's **Bicycle Maintenance Workshops!** In a friendly, jargon-free way we will show you how things work, how to fix faults and generally maintain your bike.
- **Find your way!** We have oodles of **free** cycle maps covering Bristol, Bath and many other towns and cities! Order your maps on-line and we'll post them to you.
- **Take a Stand!** We have **free** bike stands to give away to small businesses, shops, offices and community organisations.
- Send for **Doctor Bike!** Our bike mechanics will visit schools, community groups or workplaces to give people's bikes a check up. Minor problems are treated on the spot. Lots of useful, impartial advice given out.