

Cycle training and cycling to school

Each year Slough Borough Council applies to the Department for Transport for funding to run level one and two **Bikeability** training in schools. Any school can hold a Bikeability course, which is the new version of the old Cycling Proficiency test.

If you would like a course to be held at your school please contact **transportdevelopment@slough.gov.uk**.

The courses are run by local qualified trainers, and will take approximately 8 hours to complete.

Bikeability courses are usually run for year 5 and 6 pupils. The number of spaces available is limited due to funding, but we aim to get as many children trained as possible.

You will need a bicycle and a helmet to take part in a Bikeability course.

Your bicycle must be roadworthy, including:

- good working front and rear brakes.
- well pumped up tyres - punctures cannot be repaired, as time does not allow for this.
- freely rotating pedals.
- a frame with no cracks on the welded joints.
- a well oiled chain.
- a secure saddle and handle bars.

If a bike is not fit to be used due to a mechanical problem, you might not be able to take part in the course.

Level 1 Bikeability involves playground skills, which the rider will have to be proficient at before they are allowed on the roads for Level 2. The whole of Level 2 is based on the road.

If a course is not available through your school, your children are not yet in year 5, or you are an adult looking for training, you can book private lessons through the Bikeability website (www.bikeability.org.uk).

The council also work in partnership with **Sustrans Bike It** to encourage children to cycle to school. The Bike It officer works closely with three schools each academic year to run events, lessons, competitions and assemblies to promote cycling as a healthy and environmentally friendly way to travel to school.

Sustrans Bike It works intensively with schools by having an Officer coming in to hold practical sessions, depart knowledge and assist in running events.

The school will get a minimum of three terms of this intensive engagement, and then will be encouraged to start running the initiatives in a more independent way. For up to date information about your local area, visit the Sustrans website under the Bike It section.

Sustrans are a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. They work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.



Photograph taken by Ralph Bagge

Safety and security

- Make sure you can be seen. Bright or reflective clothes and accessories on you or your bike help drivers to see you in poor visibility;
- Use front and rear lights when cycling in the dark and in poor visibility. There are legal requirements for lighting and bicycle reflectors;
- Keep your bike in good working order - for example, ensure the brakes are functioning properly, and tyres are pumped up to the appropriate pressure and are not worn out;
- Cycle within your capabilities. Do not be too adventurous;
- If you are unsure or feel unsafe, find a safe place to dismount and walk;
- Always lock your bike when leaving it unattended. Invest in a good quality lock and try to lock it to something immovable;
- Do not cycle with heavy shopping bags on your handlebars as they can affect your balance and steering;
- Always use pedestrian crossings, they provide safer crossing points; and
- Beware of cyclists when crossing, just because you can't hear them approaching doesn't mean the road is clear.

Rules of the road

Bicycle users

- Follow the Highway Code and obey traffic signals;
- Do not cycle on pavements, unless signs or markings allow you to. Give clear signals when changing direction, so other road users understand what you are doing;
- At junctions, make eye contact with other road users;
- When large vehicles are turning left, give them plenty of room and avoid passing them on their near side. Remember long vehicles often move to the right before turning left; and
- Where available, 'advanced stop lines' at traffic signals give you space to pull away safely, in full view of traffic. They are particularly useful for positioning yourself for a right-turn.
- When leaving your car, check you are not opening your door in the path of passing cyclists;
- Do not stop on 'advanced stop lines' at traffic signals. These are designed to allow cyclists space to position themselves to pull away safely through the junction;
- Use dipped headlights when approaching cyclists at night;
- When turning left, be aware of cyclists travelling on the near side, especially in queuing traffic or when you have just overtaken them; and
- Allow cyclists extra clearance and longer stopping distances in wet weather as surfaces can be more slippery.

Pedestrians

- Where available, use designated crossing points; and
- Look out for children who are learning to cycle as they can swerve unexpectedly.

Motorists

- Do not break speed limits and be prepared to slow down for cyclists if needed;
- Allow at least one car's width clearance when overtaking cyclists. This allows them room to manoeuvre around hazards such as drains and potholes;

Information

Slough Borough Council contacts

- Slough walking/cycling department; Transport Section, 01753 475111 www.slough.gov.uk/parking-travel-and-roads/cycling.aspx
- Pothole reporting; Highways Section, 01753 477336 www.slough.gov.uk/parking-travel-and-roads/report-a-highways-issue.aspx
- Adult cycle training; Transport Section 01753 475111

Bike shops

- Stows, 72 High Street, Slough, SL1 1EL 01753 520528 www.stows.co.uk
- Halfords, 380 Bath Road, Slough, SL1 6JA 01628 603312 www.halfords.com

Other useful websites

- www.bikeability.org.uk (cycle training)
- www.sustrans.org.uk/what-we-do/national-cycle-network (the National Cycle Network)
- www.bikeforall.net (general information on cycling)
- www.skyride.com (Skyride)

How to get involved

Slough Cycle Forum
transportdevelopment@slough.gov.uk

Local Access Forum
localaccessforum@slough.gov.uk

Please contact either of the email addresses above to be added to their mailing lists or for further information about meetings.

Sustainable travel

Encouraging Slough residents to switch to walking, cycling or public transport brings widespread benefits to people and the community. These include:

- Reducing congestion and improving the efficiency of the transport network, resulting in time-savings for everybody;
- Reducing pollution from petrol and diesel fumes, improving air quality, reducing asthma and related illnesses;
- Improving the health and fitness of cyclists and walkers, reducing the risk of heart disease, obesity and diabetes whilst lowering blood pressure;
- Cutting long-term healthcare costs, reducing sickness and ill health problems for local businesses; and
- Promoting access to leisure opportunities and quieter parts of Slough, improving people's quality of life.

Slough Borough Council - working for you

Slough Borough Council works closely with adjoining boroughs to provide an integrated cycle network linking surrounding towns and villages.

The council also works with local schools to develop Safer Routes to School to encourage school children to walk or cycle to school.

National Cycle Network

The 'NCN' offers more than 12,000 miles of walking and cycle routes on traffic-free paths, quiet lanes and traffic-calmed roads. There are several sections of NCN in Slough as well as links to neighbouring towns such as Windsor (see map overleaf).





LEGEND

- Borough Boundary
- Cycle lane or 'bus and cycle' lane; these facilities are on the carriageway
- Proposed cycle lane on the carriageway
- Shared path (adjacent to the carriageway shared between pedestrians and cyclists)
- 'Traffic-free' path (away from roads e.g. through parks or along canal towpath)
- 20mph Zones
- Canal towpath; cycling is permitted although cyclists should have permits which can be obtained at this website; <http://www.waterscape.com>
- National Cycle Network; part of the official 'NCN' comprising quiet or 'traffic free' routes suitable for unaccompanied 12 year olds
- One-way street
- Toucan crossing (for pedestrians and cyclists)
- Pedestrian crossing
- Covered cycle parking
- Play areas

0 kilometres 1/4 1/2 1 1 1/2 2
0 miles 1/4 1/2 3/4 1

W N E S November 2012 **Slough**
Borough Council



Cippenham Safer Routes to School.
Off carriageway cycle route
For further information please visit:
www.slough.gov.uk/parking-travel-and-roads/road-safety.aspx

Gate opening times
6am - 6pm Winter time
6am - 8pm Summer time

Heathrow
2 miles



Herschel Park
For further information please visit:
www.slough.gov.uk/leisure-parks-and-events/herschel-park.aspx



Cycle parking at Parlaunt Park Primary School
For further information please visit:
www.sustrans.org.uk/bikeit



Jubilee River Cycling Route
For further information please visit:
www.sustrans.org.uk/assets/files/leaflets/Sustrans_Jubilee_River_NCN4.pdf



Signage for route Y Station Road to Upper Common Road
For further information please visit:
www.slough.gov.uk/parking-travel-and-roads/cycling-in-slough.aspx

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