

With children or groups - Transcript

When you're cycling with children or other adults, there are some important actions you can take to help the journey go smoothly.

First, plan your route. When cycling with children choose cycle paths or cycle routes where possible and aim to avoid busy roads and complex junctions. You'll find some useful links to help plan a journey at the end of this module.

Next, choose an appropriate road position for your cycle type. When cycling with children there are a few options. When you're the only adult, cycle with children up front and stay one cycle length behind them. Children should be in the secondary position, about half a metre from the kerb. This distance from the kerb only applies to upright two wheeled bikes. If riding a wider wheel-based cycle or trike, they should be in the primary position in the lane to avoid a steep camber. If there is only one child, you can also cycle side by side, to reassure the child and increase visibility to other road users. When there are two adults, cycle with children in the middle, keeping one cycle length apart.

To ensure you cycle together smoothly, the group can follow the line of the leading adult. If you're in a group, cycle in a single line, or change to a double line when possible. A double line may be safer on narrow roads. To create a double line, alternate riders cycle out to the right and up alongside the cyclist in front. The newly formed pairs close the distance between them to form a shorter double line. To return to a single line, alternate outside riders fall back and into a space created by the inside cyclists. When cycling as a group, you will need space between each rider. Keep enough room apart so that you don't bump into each other. But stay close enough to ensure there isn't room for a car to pass between cyclists. You may ride side-by-side but you should revert to a single line to allow drivers behind you to overtake when it is safe to let them do so.

Adults cycling with children should take responsibility for signalling to other road users and doing over-the-shoulder checks. Adults also need to set the pace and give clear instructions to children. The adult at the back should cycle assertively and be ready to change positions to support the rest of the group. If necessary, they can move to the centre of the lane to prevent traffic passing.

When approaching junctions with children in your group, the adult at the back should move up next to the first cyclist to check the junction ahead is clear. When all your cyclists have gone through the junction, the adult should return to following them from behind.

Remember to talk to each other throughout your cycling journey. Explain to each other what you're doing and ask them to warn you before they slow down or pull in.

There are lots of different ways to cycle with your family. Remember, the Highway Code states that you must not carry a passenger unless your cycle has been built or adapted to carry one. If you want to find out more, take a look at the link at the end of this module. Family-focused cycles are a great way to get around with your family. Cycles like tag-a-longs and cycles with trailers are great for travelling with children, whether that's for leisure or the school run. There are a wide range of non-standard cycles you can buy or hire to suit your needs and those of your family. Why not attend one of the many cycle sessions held across the city to try out new cycle types, increase your confidence and get the most out of London's Cycleways? You can find a link to the courses available at the end of this module.