

## Full Transcript:

### Get ready to ride - Transcript

With any journey, being prepared can help your trip go more smoothly. Before setting off, there are some important things you can practise to make sure both you and your cycle are ready for the road.

Consider wearing a helmet. If you do choose to wear a helmet, familiarise yourself with the adjustable parts. They can help you get a more secure fit. Ensure your helmet fits snugly around the circumference of your head and the strap is secure below your chin, with enough room to fit two fingers between the strap and your chin.

You must have lights if you are cycling after dark - white at the front and red at the rear. You may be fined £50 if you don't have them. If you don't have a cycle, you may be able to borrow one from your local borough cycle team or hire a Santander Cycle instead.

Different types of cycles provide a range of benefits depending on your needs and journey requirements.

Want to know more? You'll find a link to a short video about different types of cycles at the end of this module.

Whatever type of cycle you're using, it's important to make sure it's fit for the road. Use 'ABC' to check everything is working as it should. If you don't feel confident to do this, you'll find some helpful links at the end of this module, or ask a local cycle shop to help. For example, many local bike shops have tyre pumps available for use and are free of charge.

A is for air. Squeeze the sides of the tyre to check the air pressure. The tyre should feel firm. B is for brakes. Each of the brakes on your cycle should be fully functional. Test the brakes by pulling on one brake at a time, and then pushing the cycle along the ground. The cycle mustn't move. C is for chain. Chains on your cycle should be clean, oiled and move smoothly when you turn the pedals. Your wheels and controls, such as handlebars, should move freely but feel securely attached to the cycle without wobbling.

It is important that your cycle is correctly fitted for you. Think about the height of your seat and how easy it is for you to access the controls. If you ride a standard two-wheeled cycle, when you stand next to it, the top of the seat should come up to your hip. If do you find something isn't quite right, don't ride your cycle until it's safe and all the necessary adjustments have been made. You'll find some useful links on preparing your cycle for the road at the end of this module.

If you're using an electric cycle, ensure it is sufficiently charged. If you were to run out of charge, you may have difficulty manoeuvring it – especially for uphill journeys and when avoiding hazards.

Now you and your cycle are ready to ride, there are some basic cycle handling skills to check before you head out on to the road. When slowing down and stopping a smooth stop is achieved by applying both brakes together, gradually. If you are riding a cycle which requires you to balance, only put your foot down when you have come to a stop. If you're riding a three-wheeled cycle, you won't need to do this as it will remain upright when you stop.

At some point you may need to bring your cycle to a quick stop.

Squeeze both brakes firmly

Brace yourself against the handlebars keeping strong, straight arms

Move your weight backwards

Keep your feet on the pedals

Remember, you can practise this at lower speeds.

Practise good observations which will keep you aware of exactly what's going on around you, helping you to:

Anticipate and respond to changing situations

Communicate with other road users

Identify potential hazards well in advance

Always know what's happening behind you by checking over your shoulder regularly. Do this by relaxing your upper body and moving your head to use your peripheral vision. Some people find moving their head difficult and use cycling mirrors to help with seeing what's happening behind them.

Learn to make clear signals to keep others aware of what you intend to do:

Move your weight backwards to take pressure off the handlebars

Relax your upper body and look forwards

Check over your shoulder before signalling, or use your mirrors if you have them

Extend your arm out at 90 degrees

Cover the brake with your other hand as you signal in case you need to slow down

Remember to take extra care if you use a cycle with a lower riding position, or if you are pulling a trailer, you might find that using a safety flag helps make you more visible to other road users.

TfL has lots of great cycling routes to get you around London. Use the TfL Go app to plan the best routes for you. Ensure you stop in a safe place to check routes when cycling.

You'll find some useful links to help plan a journey at the end of this module.

And remember, when you get to your destination, make sure you secure your cycle's frame and all wheels to a suitable stand using good quality locks and avoid obstructing pavements. Don't forget to lock cycles when parked in your garden, balcony or shed too. There are over 150,000 on-street cycle parking spaces across London. You'll find a link at the end of this module which lists where cycle parking is available. To deter thieves and increase the chance of tracking down your cycle if stolen, get your cycle securely marked and registered.