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10 Second Cycle Check

STEP 1. Lift the front end of the bike by the handlebar stem:

- pat the front tyre to check the wheel is tight in the frame.
- squeeze the sides of the front tyre to check inflation.
- wobble the tyre/wheel from side to side to check there is no excessive bearing play.

STEP 2. Return the wheel to the ground, apply the front and rear brakes:

- check that the brake pads bear evenly on the rim.
- check that the cables inside the levers are free from fraying.
- check that there is no part of the mechanism missing.
- check by pushing the bike forward that the brakes work.

STEP 3. Release the brakes, step over the front wheel and grip it between the knees:

- grasping the handlebar grips, check for side to side and up and down movement.
- check that all levers on the handlebars are tightly fitted.

STEP 4. Move towards the rear of the bike, grasp the saddle:

- check for movements up and down and side to side.

STEP 5. Lift the rear of the bike by the saddle:

- pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame.
- squeeze the sides of the rear tyre to check inflation.
- wobble the tyre/wheel from side to side to check for bearing tightness.

STEP 6. Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle:

- work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket jam.
- repeat using the front gear changer to ensure the chain will not throw off the chainrings.
- wobble the pedals side to side in turn to check there is no excessive play in the bearings or in the bottom bracket.

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Traffic Signs

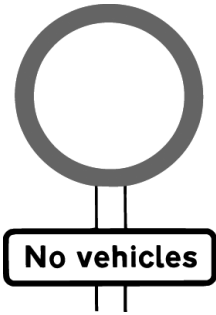
ORDERS

No Vehicles	No Cycling
Maximum Speed 40 mph	No Entry
Give Way	Stop and Give Way
No Right Turn	School Crossing Patrol

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Traffic Signs

ORDERS

 A circular sign with a thick grey border. Below the circle is a rectangular plate with the text "No vehicles" in black.	 A circular sign with a thick grey border. Inside the circle is a black silhouette of a bicycle.
 A circular sign with a thick grey border. Inside the circle is the number "40" in large black digits.	 A circular sign with a thick grey border. The sign is dark grey with a horizontal white bar across the middle.
 An inverted triangular sign with a thick grey border. Inside the triangle are the words "GIVE WAY" in black capital letters.	 An octagonal sign with a thick grey border. The sign is dark grey with the word "STOP" in large white capital letters.
 A circular sign with a thick grey border. Inside the circle is a black arrow pointing right, which is crossed out by a diagonal grey line.	 A circular sign with a thick grey border. Inside the circle, the word "STOP" is written in black capital letters above a thick black horizontal bar. Below the bar is a black silhouette of two people walking.

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Traffic Signs

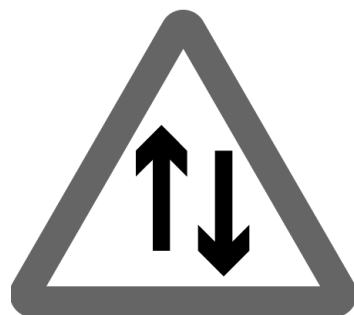
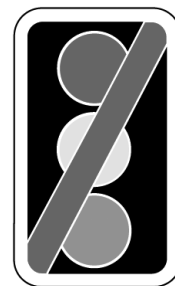
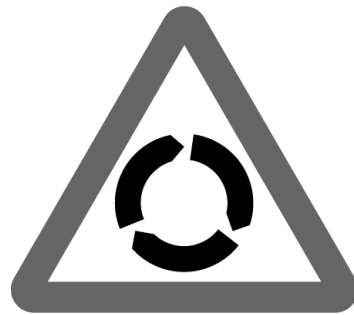
WARNINGS

Crossroads	Roundabout
Uneven Road	Pedestrian Crossing
Hump Bridge	Traffic Signals Not in Use
Side Winds	2 Way Traffic Ahead

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Traffic Signs

WARNINGS



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Traffic Signs

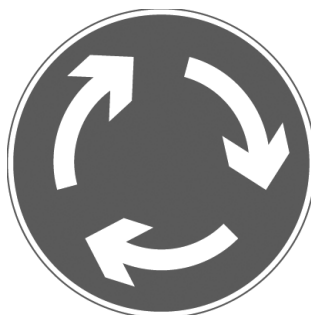
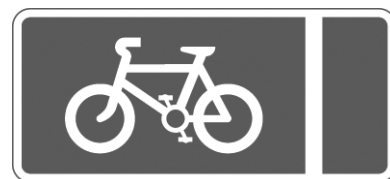
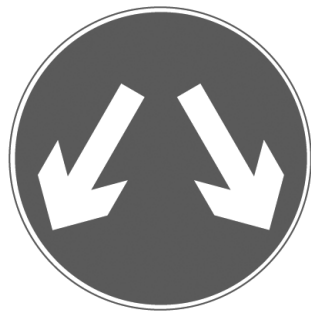
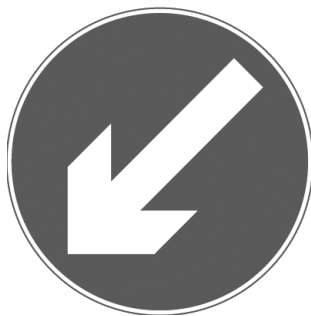
POSITIVE

One Way	Cycles Only
Keep Left	With Flow, Bus and Cycle Lane
Pass Either Side	With Flow, Cycle Lane
Mini Roundabout	Cycles and Pedestrians Only

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Traffic Signs

POSITIVE



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Traffic Calming Measures

TOP TEN

Vote for what you think is the most effective way of calming the traffic in areas where you go to school / play / hang out. 10 for most effective 1 for least effective.

Build outs (from side of road)	
Central islands	
Chicane	
Road humps	
Rumble strips	
Speed Camera	
Speed limit – 20mph	
Traffic lights/Pelican crossing etc.	
Zebra crossing	
Zig-Zag lines – “school keep clear”	

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Road Safety and Gender

ADVERTISING – WHO IS IT AIMED AT?

Look at the products listed below. Think how they are advertised. Write your thoughts in the spaces provides.

Product	Is the advert aimed at males, females or both?	At which age group is the advert aimed?
Lawnmower		
Toy Garage and Cars		
Stairlift		
High Performance Car		
Dolls' House		
Non-alcoholic Lager		
Full Strength Beer		
Small 'Nippy' Car		

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Road Safety and Gender

CAR DRIVER CASUALTIES 2000

Age Band	Males	Females
17-21 years	12,179	7,438
22-39 years	34,479	30,315
40-59 years	19,278	16,364
60+	7,947	4,119
TOTAL	75,045	58,853

Source: Road Accidents Great Britain 2000
The Casualty Report
The Stationery Office, Sept 2001

These statistics show the numbers of British car drivers injured or killed in road accidents during 2000.

- Which drivers had the most accidents, males or females?
- Which age group shows the biggest difference between males and females?
- Why do you think this is?

Note that the youngest age band, 17-21 years, is a band of only 4 years. This is much shorter than the other bands, so proportionally young males are most at risk.

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Risk Taking

SEATBELT DISCUSSION CARDS

Question Card One Who must by law wear a seatbelt? <i>Driver?</i> <i>Front Seat Passenger?</i> <i>Rear Seat Passenger?</i>	Answer Card One All of them (wherever a seat belt is fitted)!! It has been the law since 1983 for drivers and front seat passengers. It has been the law since 1991 for rear seat passengers. The police can give on the spot fines if seat belts are not worn
Question Card Two Who do you think is less likely to wear a seatbelt, under 14's or over 14's?	Answer Card Two Over 14's are less likely. Only about 60% of over 14's wear one. Over 90% of under 14's do. Both age groups are more likely to wear seatbelts in the front seat
Question Card Three What sorts of reasons do people give for not wearing seatbelts?	Answer Card Three Some commonly given reasons are: <i>Uncomfortable</i> <i>Crease your clothes</i> <i>Offend the driver by suggesting that you don't trust their driving</i>
Question Card Four What are the risks to backseat passengers who don't wear seatbelts?	Answer Card Four About 120 unbelted backseat passengers are killed every year. Many more are seriously injured with chest injuries, broken ribs, broken hips, fractured skulls or facial wounds. In an accident, they are three times more likely to be killed or seriously injured as passengers who do wear their seatbelt
Question Card Five What are the risks to people in the front seats if back seat passengers don't wear seatbelts?	Answer Card Five In a crash at 30mph, an unbelted backseat passenger will hit the front seat with a force of between 30 and 60 times their own body weight. About 40 front seat passengers and drivers are killed each year in this way. Research shows that people know they could be hurt themselves, but many don't know that they could kill the driver/front seat passenger

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Road Safety Advert

CHECKLIST FOR DESIGNING AN ADVERT

1. Identify your safety message(s).
2. Phrase the message in words that the age group will understand.
3. Decide whether to use a 'tagline', such as "Think! Slow Down".
4. Decide on the best medium to use for the age group: Comic? Poster? TV? Internet? Plan a style that would suit the medium.