

# Primary School Cycle Training Scheme

Since 2011 Dún Laoghaire Rathdown County Council in conjunction with the Cycling Safety School introduced the “Cycle training scheme for fifth and sixth class primary school students”

The course will provide cycling safety training to primary school children in the Dún Laoghaire Rathdown administrative area.

The classes teach children safe cycling techniques and also open to them an invaluable and inexpensive form of exercise at a time when lack of exercise is cause for concern.

Classes will be planned to work into the P/E timetable and take place outdoors in all but the most extreme conditions – on those occasions there will be a training video. Bicycles, helmets and all other necessary equipment will be provided.

The class teacher has the option to either be present at the class, or if the class is not a full school grouping to keep the remainder of the pupils in the classroom.

Training covers the following

- Bicycle Maintenance-How to know when the bike needs attention, how to identify the bike parts, and a practical exercise in properly setting bike and helmet to the individual child, as well as safe clothing.
- Starting position and safe stopping
- Left turn, major to minor road
- Left turn, minor to major road
- Right turn, major to minor road
- Right turn, minor to major road

- Shoulder checking and signalling
- Correct positioning on the road
- Overtaking parked cars
- The life-saver look (the final extra check before a manoeuvre).

Each lesson also introduces elements of theory, and rules of the road incorporating signs, with fun and skills to wind up the session.

During classes traffic simulation techniques are used and the emphasis in training is very much on control of speed and the bike and on the cyclist's awareness of his/her surroundings. Each session reinforces and builds on the content of the last. Class structure has a number of children on bikes at any time, with the rest of the pupils learning by observation, question and comment.

At the end of the course, pupil will receive a certificate of completion.

The standard course consists of 6 hour long sessions at a charge of €24.00 per pupil. Dún Laoghaire Rathdown County Council will give a subvention of €12.00 per child to schools taking part in training, leaving the balance at €12.00 per child.