

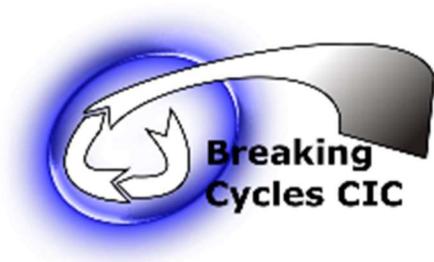
Name: \_\_\_\_\_ Learner Number: \_\_\_\_\_

Centre Name: \_\_\_\_\_ Centre Number: \_\_\_\_\_

Learner Work Booklet

for

Developing independence through cycling (117881)



This workbook was created by Breaking Cycles CIC in partnership with The Bikeability Trust as part of the widening participation project in 2022.

These resources are free to use and intended to be used, alongside L3 Bikeability training, as part of your alternative curriculum.

(Outcomes 3) Emergency! Useful things to carry just in case.

When out cycling, you might have an emergency to deal with. This could be something simple and easily solved if you have the right things with you!

This table describes 5 'emergency' scenarios. Choose two of them and suggest what you might carry and how it could help you deal with the emergency.

Emergency scenario	What you could carry and how it could help.
You are half an hour's ride away from home and, as you pass the train station, you realise that it's going dark. It would be dangerous for you to carry on.	<hr/> <hr/> <hr/> <hr/> <hr/>
You ride through a pothole accidentally and your tyre punctures.	<hr/> <hr/> <hr/> <hr/> <hr/>
You are riding with a friend who doesn't cycle much and they start to slow down a lot and get a bit grumpy about being hungry.	<hr/> <hr/> <hr/> <hr/> <hr/>
When you check your bike before setting off back home, you notice a loose bolt on your handlebar stem. The bars can rotate if you put a little bit of pressure on them.	<hr/> <hr/> <hr/> <hr/> <hr/>
On a quiet road, you notice an elderly person sat on the ground at the side of the road. They are holding their chest and don't look very well.	<hr/> <hr/> <hr/> <hr/> <hr/>

(Outcomes 4) Sources of information about cycling for transport.

From time to time, we all have questions, but where should we look for answers?

Choose two of the questions below and state where you would get the information and why you think it would be correct.

1. What is the quickest route between my local supermarket and the train station?
2. What are the rules about reflectors on Bikes in the winter?
3. What type of bag should I buy to carry my shopping home?
4. That junction looks a bit confusing; how do I work out who's got priority and where I should ride?
5. Why do I keep getting punctures?
6. What's that clicking sound coming when I change gears? And how do I get it to stop?

Question Number	Where would you look for the information?	Why would you trust it?
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	<hr/>	<hr/>

(Outcomes 5) Winter is coming!

Keeping riding through winter can be tough and there are some extra dangers that you might need to consider in order to keep safe.

Think about changes that cyclists make to their bikes and the way they dress for winter riding. This can include:

- Fitting extra accessories to their bikes, like lights, mud-guards and extra reflectors. Some of these accessories can also be worn and used for walking a running too.
- Buying different riding clothing that is waterproof, warm and brightly coloured.
- Changing their tyres or even using a different type of bike for riding in the winter.

Suggest 3 changes that a cyclist might make and which danger they are avoiding, minimising or compensating for.

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