

Christchurch City Council Cycle Safe Programme



Background

- “ The Cycle Safe programme has a long history with the Christchurch community, delivering in Christchurch schools since 1997.
- “ Cycle Safe is considered one of the best practice examples in the country & was used in the conception of the NZTA Cyclist Skills Training Guidelines

Purpose

- “ A majority of Christchurch students will learn to ride on the road Safely through our Cycle Safe programme.
- “ Offers the sense of freedom to actively travel independently.
- “ To increase the number of students cycling to school, in a safe manner.

Operation

- “ Delivers to over 3500 students every year
- “ Operates in over 81% of the Primary Schools in Christchurch
- “ Targets year 6 pupils
- “ Two teams with 11 instructors
- “ Inclusive. Offering resources to schools

Grade 1

- ” How to fit a helmet
- ” Safe cycle clothing
- ” Basic bike maintenance
- ” Complete bike & helmet safety check





On court skills

- “ Kerb ride out
- “ Stop/dismount
- “ Left, right & stop signals
- “ Looking behind
- “ Left & right hand turning sequences

Grade 2

- ” Road signs
- ” Intersection & give way rules
- ” Roundabout rules
- ” Traffic lights
- ” Emergency stopping
- ” Using gears



On Road practice

- “ Split into 4 sessions B, C, D & E
- “ Small groups for greater safety & more individual attention
- “ Range of teaching intersections
- “ Range of teaching techniques: discuss, observe, do

On Road practice

Session B

- “ Starting & finishing a journey
- “ Passing a parked car
- “ Passing a side street

Session C

- “ Left hand turns in & out of both T & X intersections

On Road practice

Session D

” Right hand turns in & out of both T & X intersections

Session E

” Group riding incorporating all previous skill sets & including stop & give way signs, roundabouts &/or traffic lights where available.

Assessment & achievement

- “ Individual formative assessment - competency charts
- “ Data transferred to a certificate for teacher, student & parent to see.
- “ Individual evaluation forms: Teacher & student

Cycle Safe



Congratulations

you have participated in the
Cycle Safe Programme

Name

School



PENNY CYCLES

NUTS ABOUT BIKES? PENNY CYCLES.



MARIN
#MARINBIKES.COM



Note to parent: This certificate does not guarantee your child's safety on their cycle. Ways you can help your child to be a safe cyclist on our roads are on the back of this certificate

Christchurch
City Council 

Christchurch
City Council 

| LEVEL 1 | COMPETENCY |
|---|------------|
| L 1 A | |
| Child able to safety check and fit a cycle helmet | |
| Child carried out a simple cycle check | |
| L 1 B | |
| Child has been instructed how to use gears | |
| Child can demonstrate Kerb Ride Out procedure | |
| Child able to ride in a straight line and steer cycle around a corner | |
| Child can demonstrate Stop/Dismount procedure | |
| Left Signal | |
| Right Signal | |
| Stop Signal | |
| Look all around, including behind without wobbling | |
| Able to complete an Emergency Stop | |

| LEVEL KEY |
|-------------------------------|
| L = Level |
| T = T Intersection |
| X = Cross Intersection |
| ← = Left Turn |
| ↑ = Straight Through |
| → = Right Turn |

| COMPETENCY KEY |
|--|
| AB = Absent |
| ✓ = Achieved |
| * = Not Achieved |
| N/A = Not available in school area |
| W = Unable to complete due to adverse weather |

| LEVEL 2 | COMPETENCY | | |
|--|------------|---|---|
| L 2 A | | | |
| Theory - Give Way Rules, Traffic Lights & Signs | | | |
| L 2 B | | | |
| Start an on-road journey | | | |
| Finish an on-road journey | | | |
| Pass a parked car | | | |
| Pass a side road | | | |
| L 2 C | | | |
| Left turn into an intersection | T | X | |
| Left turn out of an intersection | T | X | |
| L 2 D | | | |
| Right turn into an intersection | T | X | |
| Right turn out of an intersection | T | X | |
| L 2 E | | | |
| Straight through a X Intersection | | | |
| Give Way Sign | ← | ↑ | → |
| Stop Sign | ← | ↑ | → |
| Traffic Lights | ← | ↑ | → |
| Roundabout | ← | ↑ | → |
| Able to take correct traffic lane when necessary | | | |
| Is aware of everything around them | | | |
| Understands where to ride on the roads | | | |
| Participated in group on road journey | | | |

We would like to recommend that _____ has adult supervision until he / she gains more confidence cycling in traffic.

_____ would benefit from more on road cycling experience with an adult present for guidance and assistance with comprehending the road rules.

SENIOR INSTRUCTOR SIGNATURE

DATE dd/mm/yyyy