

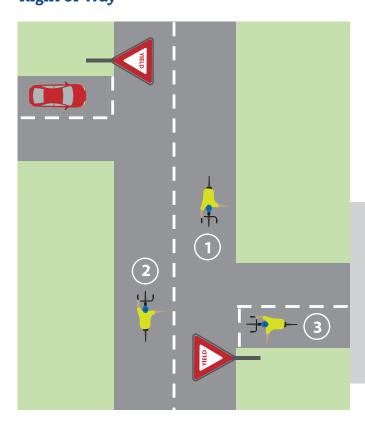
AIMS & OUTCOMES

Two-way traffic and group cycling.

This session covers:

- Safe riding in a simulated journey.
- Two-way traffic in a changing traffic simulation.
- Right of way.
- Scenarios to look out for.
- Cyclists need to analyse, assess and act for themselves, rather than relying on others to act in the interests of their safety.

Right of Way



TECHNIQUES FOR CYCLING IN TRAFFIC

- When is it appropriate to overtake other vehicles?
- When is it appropriate to make a u-turn?
- When is it appropriate to cycle two abreast?
- **Never** blindly **follow another** trainee at a junction.
- Covering the brakes on the approach to a junction in case there is a need to stop to avoid someone else's unexpected action.
- Self-responsibility a rider should always the check the environment for themselves and should never trust anyone else with their safety.
- Signals are to advise other road users of a change of position or direction.
- Approaching a bad bend, traffic needs to slow down, but a signal is not necessary.

Right of Way: Who Goes?

Rider 1 is not crossing anyone else's road space and is on the main road with first right of way. **Rider 2** is crossing rider 1's road space and must wait until that rider turns or moves on.

Rider 3 is crossing the road space of both riders 1 and 2 and must wait until they turn or move on.