

# Cyclecraft Cycle Training

Would you like peace of mind knowing your child is riding their bike safely?

Could cycling to school be an option for your child as they transition to secondary school?



Cyclecraft is a Road Safety scheme for children in year 5/6 Primary school. This scheme is delivered by qualified instructors and supports your child with the skills and confidence to ride on cycle paths and on road safely and encourages Active Travel and Healthy Schools.

This leaflet details the 2 stages of Cyclecraft. For more information call the Road Safety Team on- 01639 686828.



## How can my child take part?

- You will need to complete the attached consent form and return it to their school.
- Your child must have a bike in roadworthy condition. Both front and rear breaks working and tyres inflated.
- Your child will need to wear suitable clothes for cycling and for the weather conditions. (Hi-Vis will be provided).
- We **strongly recommend** that your child wears a helmet during the scheme and at all times when cycling.



## What will my child learn?

- How to carry out a simple bike check.
- Start and stop.
- Control and manoeuvre their bike.
- Signalling.
- Identifying potential hazards
- Confidence to cycle

## How does the scheme work?

There are 2 levels to the Cyclecraft training, Level 1 off road and Level 2 on road. Your child will need to complete Level 1 to a satisfactory standard before continuing on to Level 2.

## Level 1 Off Road

This session will take place in an environment away from cars or traffic, normally in the school yard. They will-

- Demonstrate understanding of safety equipment and clothing.
- Carry out a simple bike check.
- Start and stop with control.
- Make the bike go where they want.
- Manoeuvre safely to avoid others
- Look all around, including behind, without loss of control.
- Control the bike with one hand.

**PLEASE NOTE: PROGRESS ONTO LEVEL 2 (ON ROAD TRAINING) IS DEPENDENT ON YOUR CHILDS ABILITY TO CONTROL THEIR BIKE AND HAVE THE CONFIDENCE TO DEAL WITH ON- ROAD SCENARIOS.**

## Level 2 On Road

This session will take place on local roads assessed by the trainer , giving them real cycling experience and skills to deal with traffic on short journeys. They will-

- Start/Finish a journey.
- Identify potential hazards.
- Understand how and when to signal intention to other road users.
- Understand where to position themselves on the road.
- Learn how to pass parked vehicles.
- Learn how to turn left and right into major and minor roads.

**HAVE FUN!**

# Cyclecraft

## Hyfforddiant Beicio

Fyddech chi'n hoffi tawelwch meddwl gan wybod bod eich plenty yn marchoi ei feic yn ddiogel?

A allai beicio i'r ysgol fod yn opsiwn i'ch plentyn wrth iddo symud i'r ysgol uwchradd?



Mae Cyclecraft yn gynllun digelwch ar y ffyrdd I blant ym mlwyddyn 5/6 Ysgol gynradd. Darperir y cynllun hwn gan hyfforddwyr cymwysedig ac mae'n cefnogi eich plenty gyda'r sgiliau a'r hyder i farchogi ar lwybrau beicio ac ar y ffordd yn ddiogel ac yn annog teithio llesol ac ysgolion iach.

Mae'r daflen hon yn manylu ar 2 gam Cyclecraft. Am fwy o wybodaeth ffoniwch y tîm diogelwch ar y ffyrdd ar- 01639 686828

### Sut gall fy mhlentyn gymryd rhan?

- Bydd angen i chi lenwi'r ffurflen ganiatâd atodedig a'i dychwelyd i'w hysgol.
- Mae'n rhaid i'ch plentyn gael beic mewn cyflwr da ar y ffordd. Bydd rhaid i'r brecio blaen a chefn yn gweithio a bod y ddau deiar wedi chwythu'n llawn.
- Bydd angen i'ch plentyn wisgo dillad addas ar gyfer beicio ac ar gyfer y tywydd (bydd hi-vis yn cael ei darparu). Rydym yn argymhell yn gryf bod eich plentyn yn gwisgo helmed yn ystod y cynllun ac ar bob adeg wrth feicio.

### Beth fydd fy mhlentyn yn ei ddsu?

- Sut i gynnal archwiliad beic syml.
- Dechrau a



stopio.



- Signalau.
- Nodi peryglon posibl.
- Hyder i feicio.

### Sut mae'r cynllun yn gweithio?

Mae 2 lefel i'r hyfforddiant seiclo, lefel1 oddi ar y ffordd a lefel 2 ar y ffordd. Bydd angen i'ch plentyn gwblhau lefel 1 i safon foddhaol cyn parhau i lefel 2

### Lefel 1 ar y ffyrdd

Bydd y sesiwn hon yn cael ei chynnal mewn amgylchedd sy'n bell o geir neu draffig ar fuarth yr ysgol fel arfer.

Byddant yn-

- Dangos dealltwriaeth o offer a dillad diogelwch.
- Cynhaliwch archwiliad beic syml.
- Dechrau a stopio gyda rheolaeth.
- Gwnewch i'r beic fynd lle mae ei eisiau.
- Symud yn ddiogel i osgoi eraill.
- Edrych o amgylch gan gynnwys y tu ôl, heb gollu rheolaeth.
- Rheoli'r beic ag un llaw.

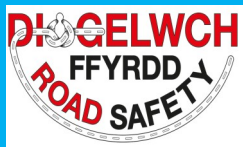
Noder: Mae'r cynnydd ar lefel 2 (hyfforddiant ar y ffyrdd) yn dibynnu ar allu eich plentyn i reoli ei feic a'r hyder i ddelio â senarios ar y ffordd.

### Lefel 2 ar y ffordd

Bydd y sesiwn hwn yn cael ei chynnal ar ffyrdd lleol a asesir gan yr hyfforddwr, gan roi profiad beicio go iawn iddynt a sgiliau i ddelio â thraffig ar siwrneiau byr.

Byddant yn-

- Dechrau/gorffen taith.
- Adnabod peryglon posibl
- Deall sut a phryd i roi arwyddion o fwriad i ddefnyddwyr eraill y ffordd.
- Deall ble i leoli eu hunain ar y ffordd.
- Dysgu sut i basio cerbydau wedi parcio.
- Dysgu sut i droi i'r chwith a'r dde i brif ffyrdd a ffyrdd bach.



**MWYNHEWCHI!**