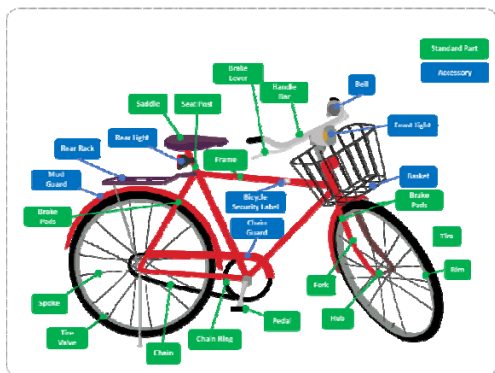
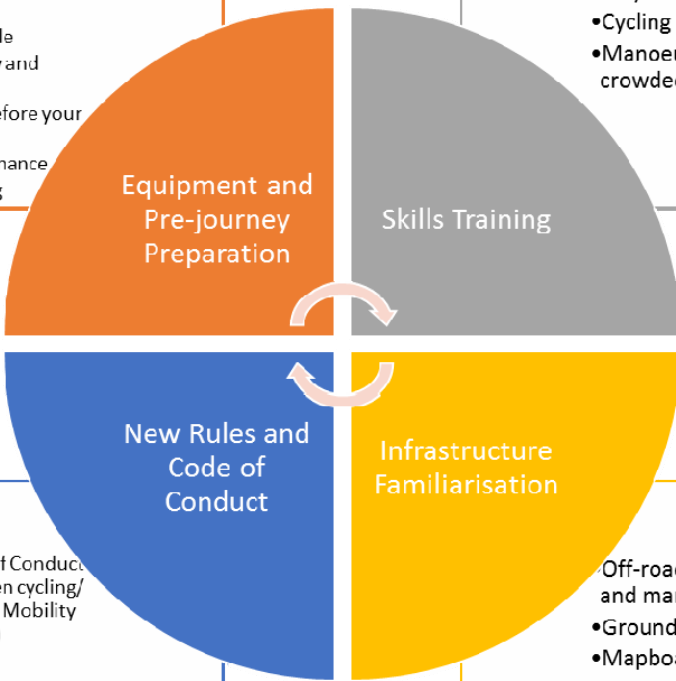


Safe Cycling Programme Curriculum

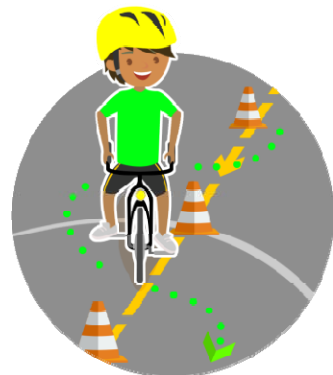


Parts of a bicycle

- Choosing a suitable bicycle
- Parts of a bicycle
- Bicycle security and storage
- Basic checks before your ride
- Bicycle maintenance
- Route planning

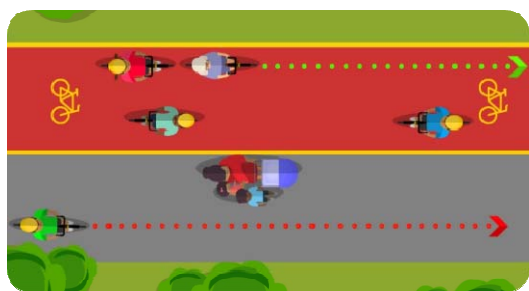


- Bicycle handling skills
- Cycling etiquette
- Manoeuvring through crowded places



Basic skills: Turning Left or Right

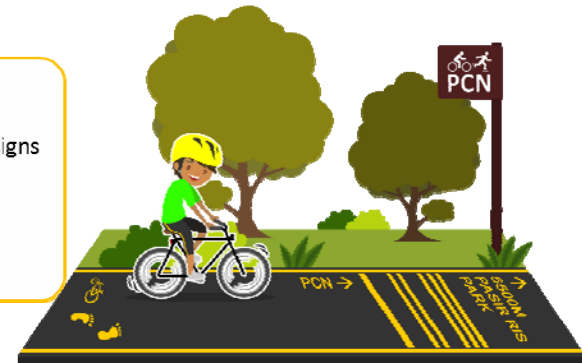
Always use the cycling or shared path instead of the footpath.



Off-road cycling signs and markings

- Rules & Code of Conduct to observe when cycling/riding Personal Mobility Devices (PMDs)

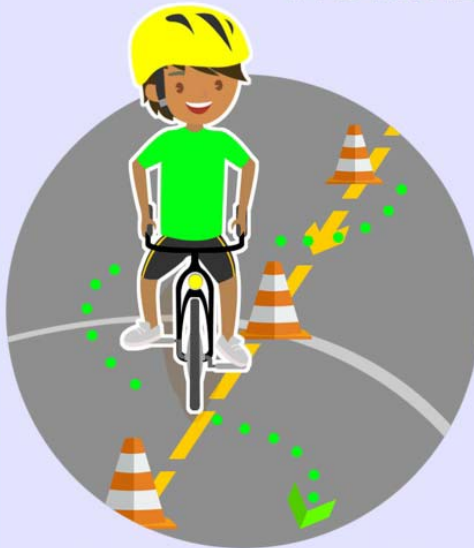
- Off-road cycling signs and markings
- Ground markings
- Mapboards



BASIC CYCLING SKILLS



**RIDING IN
A STRAIGHT LINE**



**TURNING LEFT
AND RIGHT**



**SCANNING YOUR
ENVIRONMENT**