



# The Bikeability Trust

If you're taking part in the How Will You Roll challenge on your cycle, take a look at these top cycling tips from The Bikeability Trust. They include the Four Key Skills and the ABCD check.



PADDY'S  
ULTRA  
ENDURANCE  
CYCLE  
CHALLENGE

## HOW WILL YOU ROLL?

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## Four Key Skills

Use these Four Key Skills to help you to feel confident and prepared when cycling on roads.

### Observation

Observation is about being aware of your surroundings and the actions of others when you're on your cycle. To use this skill, do a shoulder check behind you to watch out for people walking, cycling, or driving and so you know it is safe when you need to do things like turn.

### Position

Position is about cycling in the right place. To use this skill, make sure you cycle in a safe place to be seen by other road users. Use our 'pass me' position, around 60 cm from the pavement, away from the glass and grit when it is safe to let traffic pass you. Use our 'follow me' position, in the middle of the lane in traffic, at junctions so you can be seen and safely passed.

### Communication

Communication is about letting other people know what you're going to do on your cycle clearly. To use this skill, make signals to tell other drivers and cyclists what you plan to do.

### Priorities

Priorities is about following the priority rules in the Highway Code and taking your turn safely. To use this skill, you need to understand the rules about who should go first on the road at things like junctions and roundabouts and turning.







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## The ABCD Check

Do this basic ABCD check to make sure your cycle is safe and ready to ride before you head out.

### Air

#### A is for air.

Do your tyres have enough air? They should be as hard as an apple.

### Brakes

#### B is for brakes.

Do the front and back brakes work properly? Squeeze them when you are standing to the side of your cycle to check

### Chain

#### C is for chain.

Have you oiled your chain recently? Check the chain is free of dirt, grit and rust

### Direction

#### D is for direction.

Are your handlebars fixed on tight? Is your seat on tight and pointing forward?



If you don't know how to cycle, or don't feel confident cycling on the roads, take part in [Bikeability training](#). You'll learn everything you need to take on a cycling challenge in confidence.