

## **Rosalind's Bikeability**



### **Why I did it**

I completed the Cycle Training on the first day of my work experience, after discussing with Pauline, the GoCycle project officer, what I wanted to learn from my week of working with the team. I had a fair amount of experience with cycling on roads, but I had always been following an adult – never leading and so never making my own decisions. I wanted to improve my confidence when on the road, be more independent, and learn the basics of travelling on a bike with traffic.

### **Bikeability**

The course itself was great fun. Before I went out onto the roads, I was given clear instruction on how to get on a bike safely, and other basic skills such as the emergency brake. I was then taught how to turn into a junction, which I then practiced on the road. I also learnt, and practiced, how to ride safely in my lane, how to ride on a roundabout, how to travel around parked cars and what to do with traffic lights. When I was on the road, I felt perfectly safe with the Cycle Trainer behind me, telling me what to do and where to go.

### **After completing the course**

Now, I feel a lot more confident on the roads. I've learnt that cycling is not just fun, but also convenient. On a bike, you can avoid long traffic queues, which would often make me late when meeting friends if I travelled in a car. Cycling is also healthy, and teaches you a lot more than you'd think about driving. I'm almost 16, and will be thinking about learning to drive soon. The course taught me a lot of things about roads, such as who gives way and road markings, that I will need when this time comes.

Many people think that riding a bike means wearing unfashionable clothing, and turning up to your destination in a mess. Believe me, it's not! Riding in an urban environment is quick, but not to the extent that your hair is messed up or your clothes ruined. You can get away with wearing almost anything; a skirt, boots, sandals... If it rains just wear a coat – simple!

I now know that I can travel safely and confidently on a bike when on the road, and will always have a choice: travel in a car, get stuck in a queue and be late, or travel on a bike, keep fit, save the environment, look great and arrive on time! What more could you want?