



CYCLE RIGHT – GENERAL CODE OF PRACTICE AND GUIDELINES

The CYCLE RIGHT Code of Practice and Guidelines

CYCLE RIGHT training aims to give trainees the confidence, skill and road safety knowledge to use their bike to get places – to school, to work, for leisure. Over a series of stages, 1 to 3, cyclists will increase their skills and experience, both in bike handling and in on-road cycling, leading them on a pathway towards proficiency and safe journeying on the road network.

CYCLE RIGHT is delivered by a network of trainers who have completed the CYCLE RIGHT Trainers' Course and post-course assessment, and who are registered on the CYCLE RIGHT Trainers' Register which is maintained by Cycling Ireland, the National Governing Body for cycling in Ireland.

All participants should have completed and submitted a signed consent form before the course commences. In the case of school children, the form must be signed by parents/guardians. This form will record details of any medical conditions relevant to the participant, and for children, must include emergency contact details (parent/guardian/school). The consent form will also record that bikes and helmets brought to the course by participants are in good working condition.

In accordance with Data Protection legislation, consent forms will stay with the school, but trainers must maintain a roll of attendance for participants and must keep this information for each group for a period of at least three years. Cycling Ireland, as assigned managing authority for CYCLE RIGHT, may request to see any or all elements of this information at any point.

As part of training, the trainer will explain the function and benefits of wearing a helmet and under age participants will be required to wear a helmet during practical training sessions.

Participants who bring their own bikes are responsible for ensuring the bike is working properly, especially with regard to brakes. Parents/guardians are responsible for making sure child participants' bikes are in proper working order. During the first session, trainees will be taught a simple bike check, and should be able to identify non-working parts on their bicycles. Parents/guardians will need to ensure any necessary repairs are carried out prior to the next session.

Individual participation in on-road training will be at the discretion of the trainer, who will assess the individual's readiness for this element of training, including key areas of balance and control, and in conjunction with assessment of the particular road environment. This assessment will be shared with school authorities as appropriate.

Participants need to wear clothing that is both suitable for cycling and suitable for the weather conditions. This includes having a rain coat and gloves to hand, and having high-viz items for on-road training.