



STAGE 1 SESSION 4

TURNING TO THE LEFT AND RIGHT

AIMS & OUTCOMES

Left and right hand turns, as well as the walking right-hand turn and when this is the preferred option. Moving through junctions, cycling with others and the need for continuous assessment when on the bike. Control of speed and all-round observation as central to safe cycling will continue.

This session covers:

- Signalling.
- Left and right hand turn.
- Crossing the road on foot wheeling the bike where appropriate.

Left Hand Turn – Major to Minor

- **Look forward**
- **LOOK behind (SHOULDER CHECK)** over the right shoulder for long enough to see the traffic environment while keeping control of the bike.
- **SIGNAL** with the arm straight out from the shoulder and the hand open and palm facing forward.
- **Hold the signal** for a 3 to 4 seconds to be sure it can be seen.
- **Place the hand back** on the handlebars to ensure control before and in the turn.
- **CHECK behind (SHOULDER CHECK) again** over the right shoulder, for long enough to see while keeping control of the bike.
- Complete the manoeuvre, if it is safe to do so.
- **Turn with the inside pedal up**, keeping the same distance from the edge of the road.
- Treat **each step** in the sequence is a **separate** action.

Left Hand Turn – Minor to Major

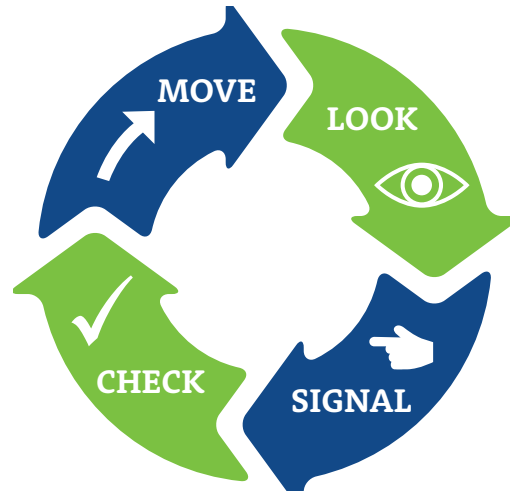
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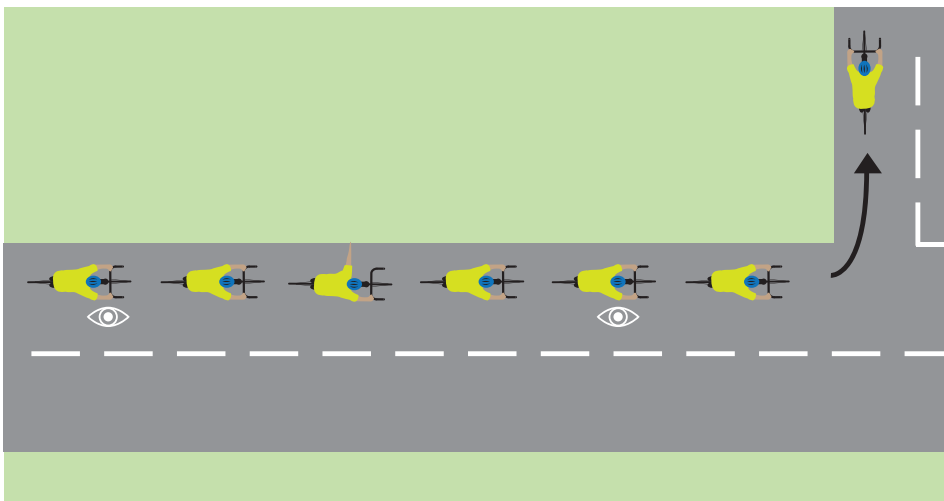
- **Slow and PREPARE TO STOP**, depending on the junction type:
 - For a **YIELD SIGN**, slow and progress carefully if clear, or stop if traffic present on the road to be entered.
 - For **TRAFFIC LIGHTS**, observe the sequence and progress carefully
 - For a **STOP SIGN**, stop and scan until there is a safe gap to move out
- **Maintain 2 O'Clock pedal ready position**
- **Signal to communicate with other road users**
- **CHECK behind (SHOULDER CHECK)** over the right shoulder **again**
- **Complete the manoeuvre**, if it is safe to do so.
- **Turn with the inside pedal up**, keeping the same distance from the edge of the road.
- Treat **each step** in the sequence as a **separate** action.



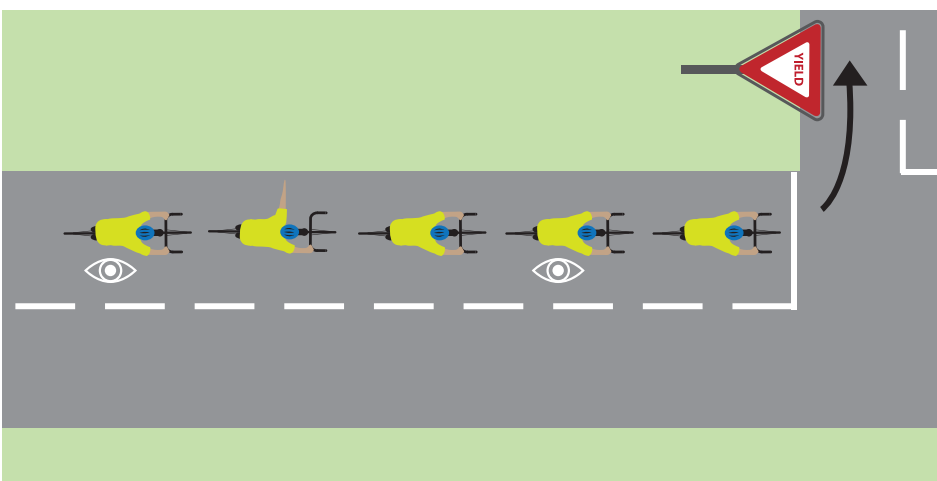
**STAGE I
SESSION 4**



Turning Left, Major to Minor



Turning Left, Minor to Major



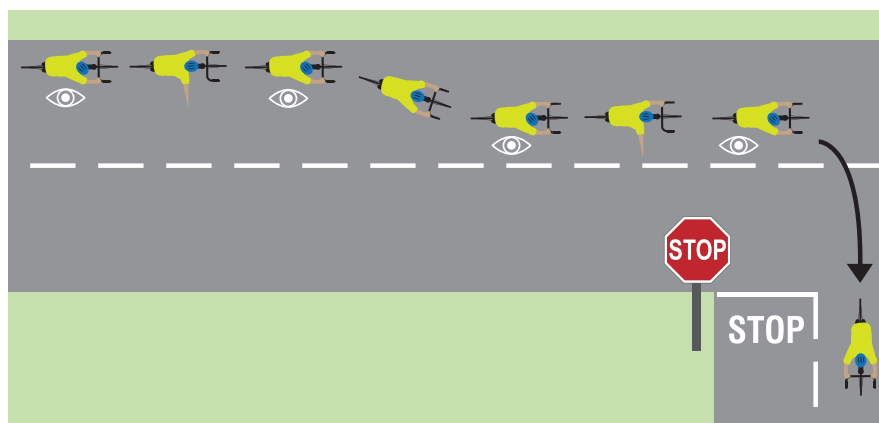


STAGE I SESSION 4

Right Hand Turn – Major to Minor

- **Look forward**
- **LOOK behind (SHOULDER CHECK)** over the right shoulder for long enough to see the traffic environment while keeping control of the bike.
- **SIGNAL** with the arm straight out from the shoulder and the hand open and palm facing forward.
- **Hold the signal** for a 3 to 4 seconds to be sure it can be seen.
- **Place the hand back** on the handlebars to ensure control before and in the move.
- **CHECK behind (SHOULDER CHECK) again**, over the right shoulder, for long enough to see while keeping control of the bike.
- When safe to do so, **move into POSITION**.
- **Stay arm's length from the line** and cycle **steadily and straight**.
- **LOOK behind again** over the right shoulder checking traffic.
- **SIGNAL** once more with the arm straight out from the shoulder and the hand open and facing forward.
- **Hold the signal** for a 3 to 4 seconds to be sure it can be seen.
- **Place the hand back** on the handlebars to ensure control before and in the turn.
- **CHECK behind a final time** over the right shoulder to check before completing the turn.
- **If traffic is approaching, slow and prepare to stop**, as that traffic has right of way.
- **If stopped**
 - Maintain 2 O'Clock pedal ready position.
 - Signal to communicate with other road users.
 - Look behind over the right shoulder before completing the turn.
- **Complete the manoeuvre**, when it is safe to do so.
- Keep the **right knee up** in the corner when turning right.
- **Keep both hands on the handlebars** for control when cornering.
- Take up **POSITION** to the **left of the destination road**.
- Treat **each step** in the sequence is a **separate** action.

Turning Right, Major to Minor



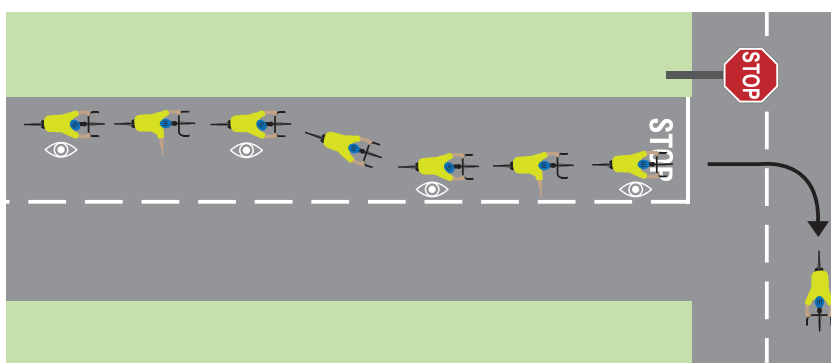


STAGE I SESSION 4

Right Hand turn – Minor to Major

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Turning Right, Minor to Major



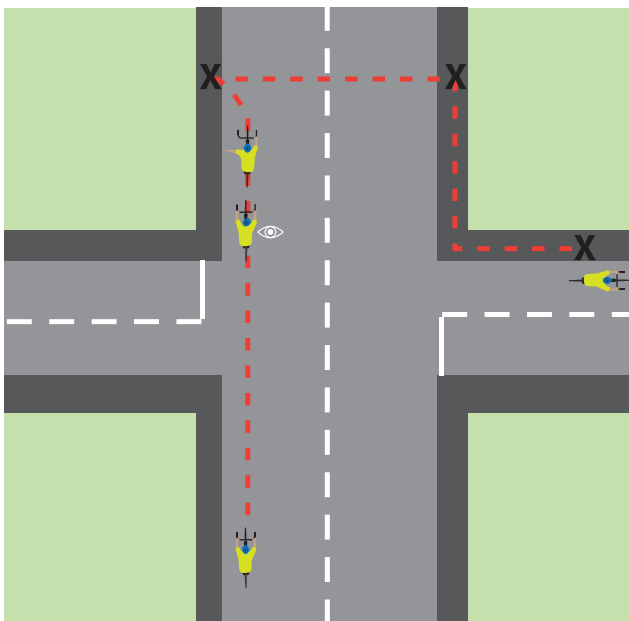


STAGE I SESSION 4

Walking Right Hand Turn – Major to Minor

- Cycle past the turning point.
- LOOK over the right shoulder to check no traffic is close behind and STOP at the edge of the road when safe to do so.
- CHECK all around, cross when safe, wheeling the bike on the right side, continuing to look in all directions.
- Walk back along the opposite edge and round the corner to take up position at the left edge of the destination road.
- LOOK behind, place the bike on the road and carefully resume cycling.

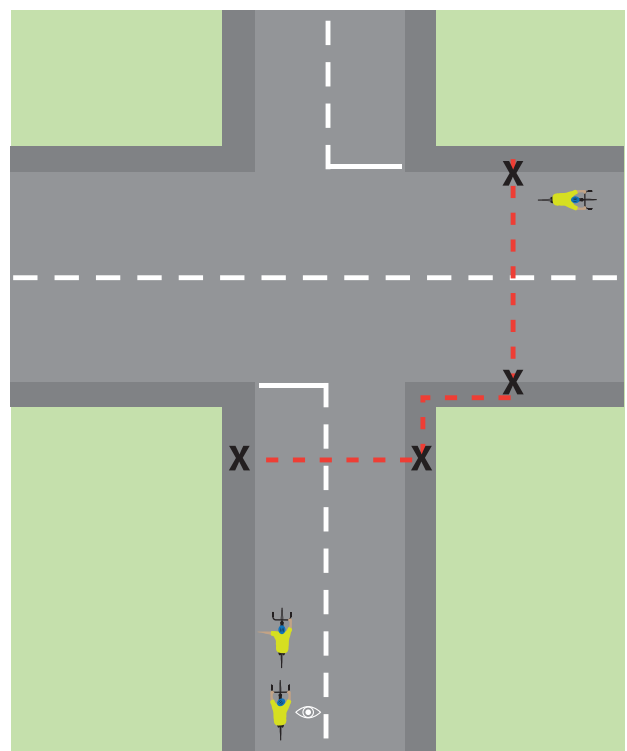
Walking Right-Hand Turn, Major to Minor



Walking Right Hand Turn – Minor to Major

- LOOK over the right shoulder to check no traffic is close behind and stop at the edge of the road before the turning point when safe to do so.
- CHECK all around, cross when safe, wheeling the bike on the right side, continuing to look in all directions.
- On the opposite side, walk round the corner on the path to a point at least 6 metres from the corner.
- Take up POSITION to make the second crossing movement to the opposite side of the major road.
- Keep looking both ways, cross over when safe to do so, wheeling the bike on the right side, continuing to look in all directions.
- LOOK behind, place the bike on the road and carefully carry on the journey.

Walking Right-Hand Turn, Minor to Major





WHAT TO WATCH OUT FOR AS A PARENT/ GUARDIAN CYCLING WITH A CHILD



- Are helmets adjusted to the correct size and position?
- Are there any clothing problems such as open laces?
- Has everyone performed a bike check and ensured the bike is the right height for them?
- Are there any aspects of the cycling environment and/or the weather which might cause a problem when cycling?
- Can everyone start and stop safely in various conditions?
- Is everyone following the correct sequence before making a left-hand turn and are they performing a controlled, safe turn?
- Is everyone following the correct steps to a cycling right-hand turn, including effective and safe signalling and cornering, and correct positioning?
- Does everyone know when it is safest to do a walking right-hand turn and to they take up correct positioning for each stage of this crossing method?
- Does everyone show awareness of safe speed, how to control speed and also show all-round observation on the bike?