

'Taking the Lane'



There are some situations where you may want to move more toward the centre of lane in order to keep yourself safe. This is called “taking the lane”. If you do have to move further out, remember to find a gap, signal your intentions, do a quick shoulder check and move across when it is safe.

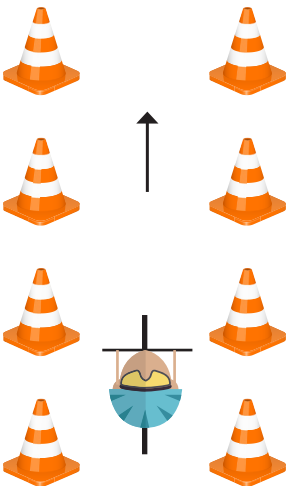
After taking the lane you should move back towards the left side of the road as soon as it is safe to do. Ride with courtesy and respect for all other road users.

Spot the Colour

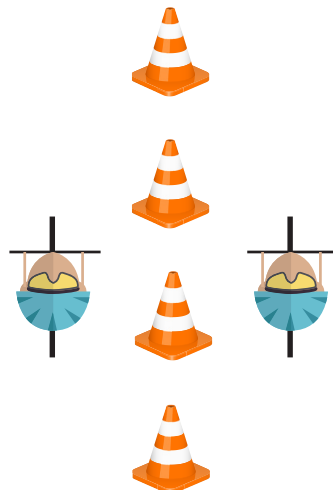
This game encourages the rider to look back over their shoulder, which is essential to do whenever you move on your bike.

This can be done one at a time or in pairs, riders should practice looking over both shoulders. In pairs see who can call out the colour first.

1



2



A good tip is to make sure arms are relaxed, and slight bend at the elbows. If the rider is tense or has straight arms they will 'steer' the bike in the direction they look.