

RUSTY RIDERS

INSPIRED BY
bikeability

COMMUTER CYCLE TRAINING

Learn to ride safely on the road and gain further road knowledge with our fully qualified instructors.




 **Hull**
City Council
**FULLY
FUNDED**

Whether you want to ride to work or just for fun with your family the course is essential training.

YOU WILL LEARN:


- ➔ Plan a journey
- ➔ Plan to and ride assertively everywhere cycling is permitted
- ➔ Maintain suitable riding positions
- ➔ Cooperate with and respect other road users (including avoiding driver blind spots and riding with others)
- ➔ Pass queuing traffic and use junctions controlled by traffic lights
- ➔ Use cycle infrastructure and multi lane roads
- ➔ Ride on roads with speeds above 30 mph

 If you are a business looking to provide training to your staff, please get in touch to discuss our flexible delivery options.






KEY INFORMATION

- ➔ Courses run for 2.5 hours
- ➔ Safety equipment provided
- ➔ Participants required to provide their own cycle
- ➔ Free Hull CC road safety accessories

 The courses are provided **FULLY FUNDED** by Hull City Council to individuals and organisations.

 **Hull**
City Council
in partnership with

 **First Step**
Cycle
CONTACT US TODAY

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