



SMART RIDER AWARD

A CYCLE COACH INITIATIVE



THE
CYCLE
COACH



London Borough
of Hounslow



Ealing

www.ealing.gov.uk

Sustrans

JOIN THE MOVEMENT



A young girl with a large afro hairstyle, wearing a white school shirt, a blue and white striped tie, and a black backpack, is smiling broadly while riding a bicycle. She is holding the handlebars. The background shows a modern building with large windows.

**EDUCATE
PUPILS ON HOW
TO COMMUTE
CONFIDENTLY,
INDEPENDENTLY,
AND SMARTER.**



About

The SMART Rider Award incorporates the STARS activities that inspires young Londoners to travel to school sustainably, actively, responsibly and safely by championing cycling.

Each session provides the necessary knowledge and cycling skills which educates pupils how to commute confidently, independently and smarter.

Aims

The aims of the SMART Rider Award are:

- » Encourage more young people to travel to school by cycling.
- » Introduce young people to the TfL STARS activities associated with cycling.
- » Deliver the SMART Rider Award to help schools achieve TfL STARS Accreditation.
- » Raise the profile of greener and healthier travel to schools across London.
- » Help reduce congestion at the school gates.
- » Help improve road safety and air quality.

Be smart with SMART Rider

Be part of the solution towards a healthier, greener, less congested London by becoming a SMART Rider.

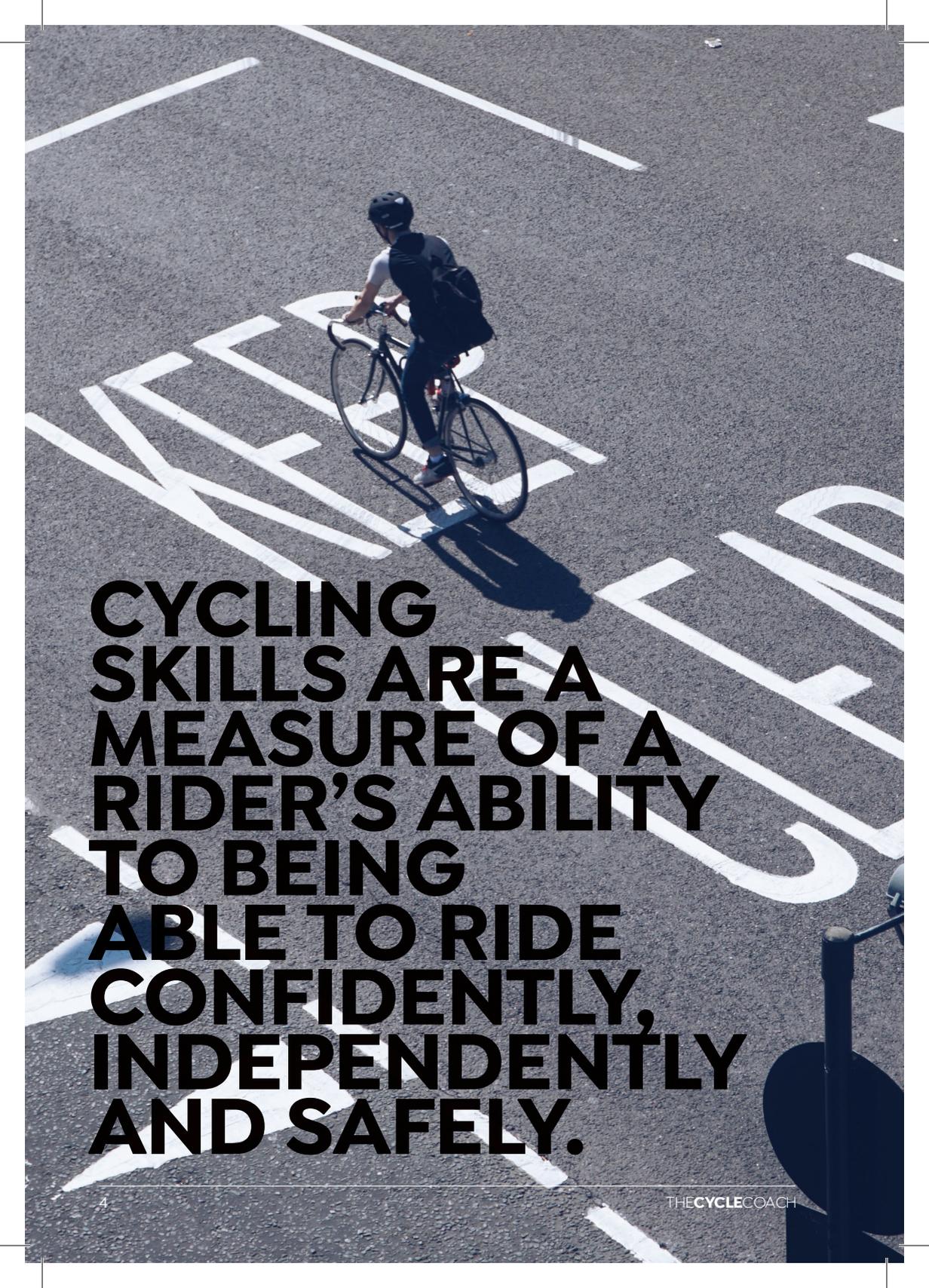
SUSTAINABLE Highlighting the importance of sustainable travel that is green and has low impact on the environment.

MINDFUL Being present and aware of our commute, our thoughts, the surrounding environment and what is happening around us.

ACCOUNTABLE Demonstrating a willingness to accept responsibility for their actions and having an understanding for their actions to achieve certain outcomes.

RESPONSIBLE Obliging to inspire others and contribute towards a common goal, to improve road safety, reduce congestion and improve health and well-being.

TRAVEL Learning to commute safely, improve confidence on the roads and develop cycling skills while riding in a responsible and respectful manner.

A high-angle photograph of a cyclist riding a road bike on a paved road. The cyclist is wearing a dark helmet, a dark long-sleeved shirt, and dark pants. The road has white lane markings, including a large 'STOP' sign painted on the pavement. The cyclist is positioned in the center of the frame, moving towards the bottom right. The lighting is bright, casting a shadow of the cyclist onto the road.

**CYCLING
SKILLS ARE A
MEASURE OF A
RIDER'S ABILITY
TO BEING
ABLE TO RIDE
CONFIDENTLY,
INDEPENDENTLY
AND SAFELY.**



Who can be SMART?

By swapping car journeys for active travel, together schools can make a real difference to our city and support the Mayor's vision for Healthy Streets.

Schools that adopt the SMART Rider Award will help create a positive travel behaviour change and raise the profile of their school.

Enrolling onto the SMART Rider Award will help improve pupil's emotional health and wellbeing, help build young people's influencing skills and encourage healthier travel behaviours and habits.

Foundation Cycle Training

The SMART Rider cycle training will develop the riders' cycling skills and overall riding confidence and provide them with the necessary foundation to master the basics of commuting to school before they encounter traffic for the first time.

Award Overview

The syllabus is a blend of theory and practical content which is delivered over 6-hours and will equip pupils with the knowledge and ability to cycle to school throughout the year in various conditions.

The programme structure is categorised into three units:

- » **Cycling**
- » **Road Safety**
- » **Independent Travel**

Cycling

Pupils will develop the necessary cycle skills to master the basics of commuting to school.

Cycling skills are a measure of a rider's ability to being able to ride confidently, independently and safely.

CYCLING SMART SKILLS:

- » **Correct road positioning on your commute.**
- » **How to negotiate simple junctions when cycling.**
- » **How to negotiate roundabouts when cycling.**
- » **How to filter in traffic when cycling.**

PREPARING
TO CYCLE TO
SCHOOL IS
EQUALLY AS
IMPORTANT AS
THE CYCLING
ITSELF.





Road Safety

Cycling in traffic can present a number of unexpected hazards and dangers.

The SMART Rider Award includes key objectives which will prepare riders for busy roads and difficult environments and improve their overall bike handling ability and Road Safety knowledge.

Demonstrate you have the confidence and ability to control your bike and ride safely if you encounter various hazards.

ROAD SAFETY SMART SKILLS:

- » How to commute by bike whatever the weather.
- » How to make yourself visible on your commute.
- » How to deal with hazards on your commute.
- » How to ride in a group of other cyclists.

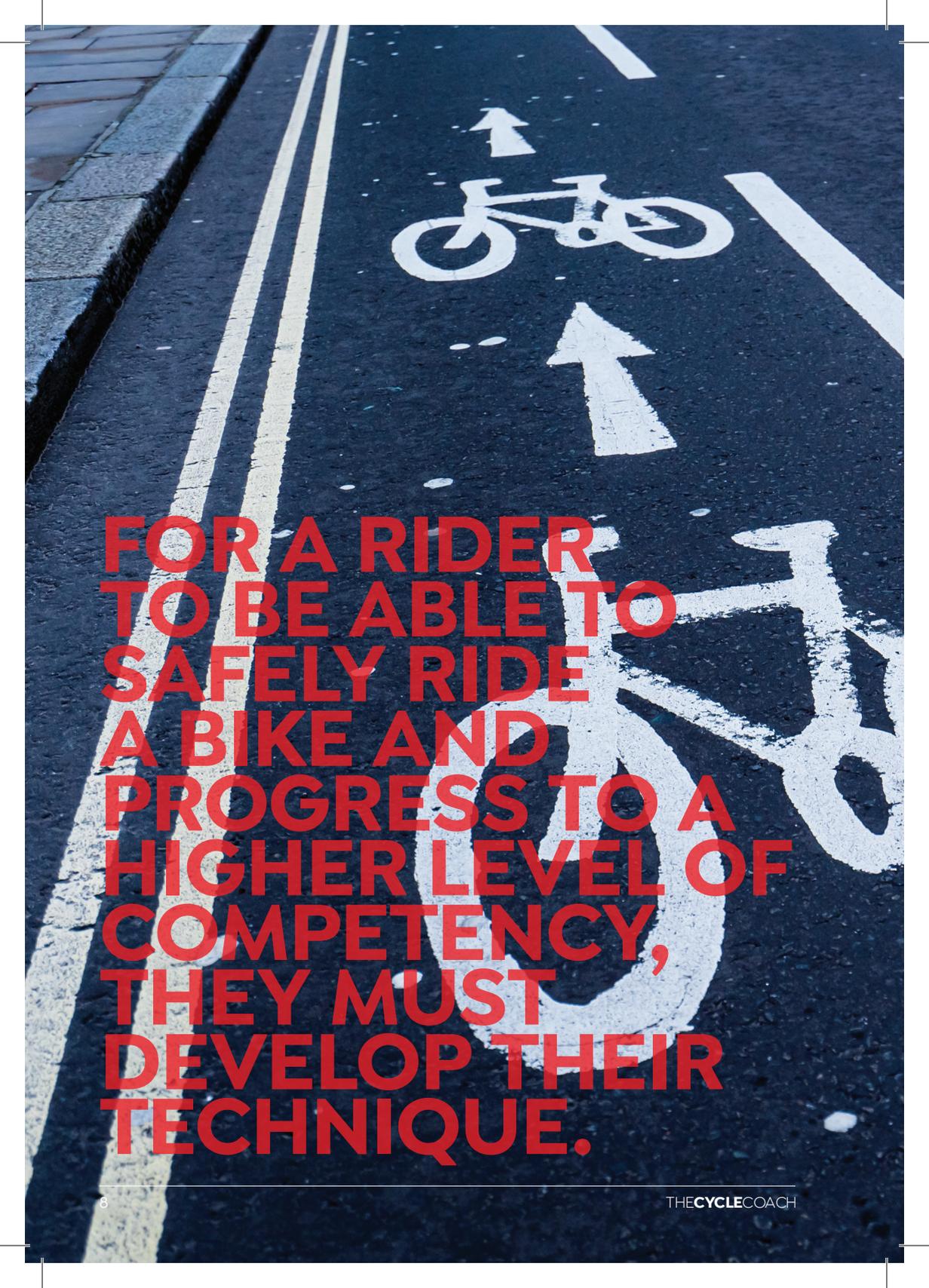
Independent Travel

Preparing to cycle to school is equally as important as the cycling itself.

The SMART Rider Award will educate pupils with the necessary considerations that are needed to plan and prepare them for their commute.

INDEPENDENT TRAVEL SMART SKILLS:

- » How to check your bike is ready for your commute.
- » How to dress for your cycling commute.
- » Basic bike maintenance, including puncture repair.
- » What to include in your emergency roadside repair kit.
- » How to plan your route to school.



**FOR A RIDER
TO BE ABLE TO
SAFELY RIDE
A BIKE AND
PROGRESS TO A
HIGHER LEVEL OF
COMPETENCY,
THEY MUST
DEVELOP THEIR
TECHNIQUE.**

SMART Categories

The five SMART Categories are the building blocks of the SMART Rider Award. These categories underpin the on/off bike SMART Activities.

- » Planning to Cycle
- » Bike Maintenance
- » Bike Handling
- » Core Cycling
- » Group Riding

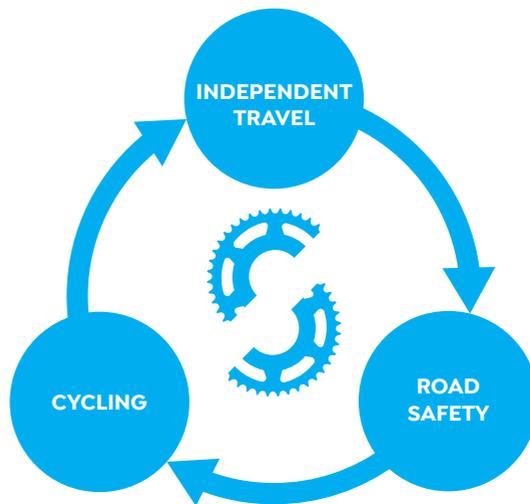
SMART Activities

A series of discussions, demonstrations, exercises and games that can be achieved by partaking in the instructor led on/off the-bike exercises.

SMART Exercises

The SMART Exercises are a blend of both theory and practical content. The exercises that have been included in the SMART Rider Award align with some of the outcomes of the National Standard Cycle Training (2018).

The SMART Rider Award consists of 25 practical on the bike exercises. Pupils will achieve the SMART Rider Award by successfully demonstrating they are able to complete each of these exercises.



LESSONS

SMART Rider

	UNIT	CATEGORY	ACTIVITY	NO.	EXERCISE
1	INDEPENDENT TRAVEL	Planning to Cycle	Route Planning: Using an electronic journey planner		Handout
			Helmet & clothing check		Video
			Bike safety check		Handout
			Roadside repair kit		Video
			All weather cycling		Handout
			Staying visible on the road		Handout
		Bike Maintenance	Washing your bike		Handout
			Changing an inner tube		Video
		Bike Security	Lock options		Handout
			How to lock your bike		Handout
ROAD SAFETY	Highway Code	Rules for cyclists		Handout	
2	CYCLING	Core Cycling	Mount & dismount	1	Stationary mount & dismount
			Pedalling	2	Pedal-ready
			Braking	3	Explanation & familiarisation
			Gears (if applicable)	4	Explanation & familiarisation
				5	Changing gears
		Bike Handling	Weight Shift & Manipulating points of contact	6	Body movements
		Core Cycling	Braking in a straight line	7	Stop box
			Emergency stop	8	Stop dead
			Slowing down	9	Speed bumps
			Swerving hazards	10	The swerve

National Standard Cycle Training (2018)

LEVEL	OUTCOME
1.3	Use maps or electronic journey planners to plan my route (if required)
1.1	Ensure I have appropriate clothing or accessories to help me ride comfortably and safely. Fasten a helmet correctly (if present), with assistance if necessary.
1.2.1	How to carry out a basic cycle check
1.2.3	Use basic cycle maintenance tools for making small adjustments
4.1.2	How traffic and weather conditions may affect other road users and how to allow for this
3.1.1	Chose and maintain riding positions
1.2	Prepare the cycle for the journey
1.2.2	Repair a puncture
1.3	How to choose a secure lock
	Plan where to lock and store your cycle
3.2	Comply with signals, signs and road markings
2.1.1	The advantages of getting on the cycle from the left
2.1.2	The advantages of getting off the cycle to the left.
2.2.2	The pedal start position for my cycle
2.1.1	Apply brakes before getting on the cycle
2.2.2	How gears (if present) assist steady pedalling
	Pedal steadily, using gears (if present)
2.2.1	Propel the cycle forwards
	Make the bike go where they want
2.2.2	Look behind over each shoulder while pedalling in a straight line
2.1.2	Apply brakes to bring the cycle to a smooth stop
	Apply brakes to bring the cycle to a quick stop
2.2.2	Control my speed
	Avoid hazards

LESSONS

SMART Rider

	UNIT	CATEGORY	ACTIVITY	NO.	EXERCISE
3	CYCLING	Bike Handling	Balance & coordination	11	Single track slalom
			Weight shift, balance & coordination	12	Bottleneck
			Ready position	13	Stationary balance
			Riding slowly	14	Slow-coach (incl. overtake)
4	CYCLING	Core Cycling	Mount and dismount	15	Moving Mount & Dismount
			Cornering	16	Hairpin turns
5	CYCLING	Core Cycling	Manipulating points of contact	17	Riding one-handed
				18	Look - Signal - Manoeuvre
			Cornering	19	Correct Cornering Technique
				20	90 deg Cornering (with & without signaling)
				21	Multiple Corners
6	CYCLING	Group Riding	Pairs riding	22	Riding next to another rider
				23	Leading and following (Observation game)
			Developing awareness	24	Riding surrounded by other riders
			Building confidence	25	Mass Start

National Standard Cycle Training (2018)

LEVEL	OUTCOME
2.2.1	How to maintain momentum without pedalling How to make the cycle change direction at different speeds When standing up might be appropriate.
4.1.2	Make progress in the traffic stream, including filtering through queuing traffic (if necessary). When standing up on the pedals (if present) to pedal might be appropriate
4.2.1	Anticipate possible hazards and prepare to respond to them
	Respond to hazards effectively.
2.2.2	Pedal one handed in a straight line
3.1.1	Pass stationary or slower moving vehicles
3.1.1	Make flowing and stopping U-turns
3.1.2	Pass and turn left and right into and out of side roads
3.1.2	Go left, right and straight ahead at cross roads and roundabouts (if present)
2.2.2	Share space with pedestrians and other riders.
3.1.1	How to change position using a systematic routine
	<ul style="list-style-type: none"> • Look behind for following vehicles • Communicate intentions to other road users ahead or behind if necessary to change position when there is time and space to do so
4.1	Interact with other road users
4.1.1	Communicate with other road users



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