

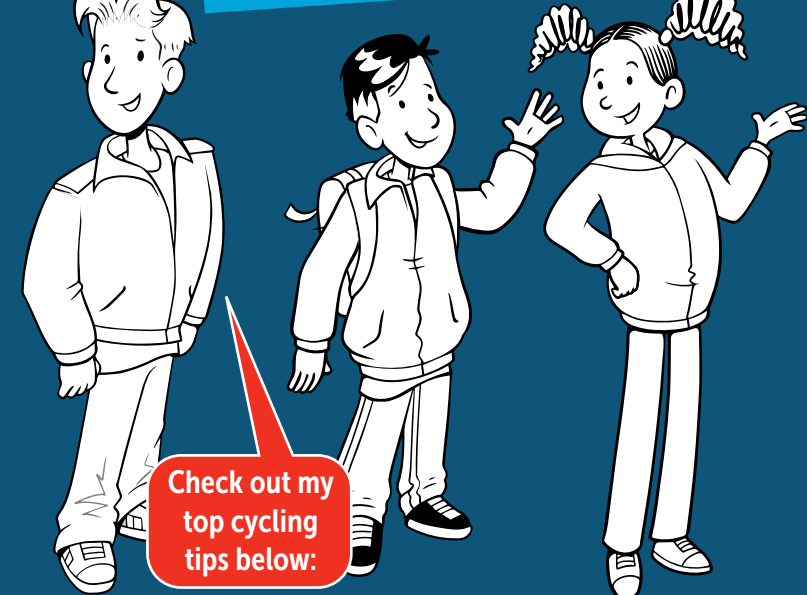
The Green Cross Code

The steps you need to follow to cross the road safely.

- 1** **First find a safe place to cross** and where there is space to reach the pavement on the other side. Try to avoid crossing between parked cars. Move to a space where drivers and riders can see you clearly.
- 2** **Stop just before you get to the kerb** where you can see if anything is coming and where drivers can see you. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.
- 3** **Look all around for traffic and listen.** Traffic could come from any direction. Listen as well, because you can sometimes hear traffic before you see it.
- 4** **If traffic is coming, let it pass.** Look all around again and listen. Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time to reach the other side safely.
- 5** **When it is safe, go straight across, do not run, keep looking and listening while you cross.** Do not walk diagonally across the road.

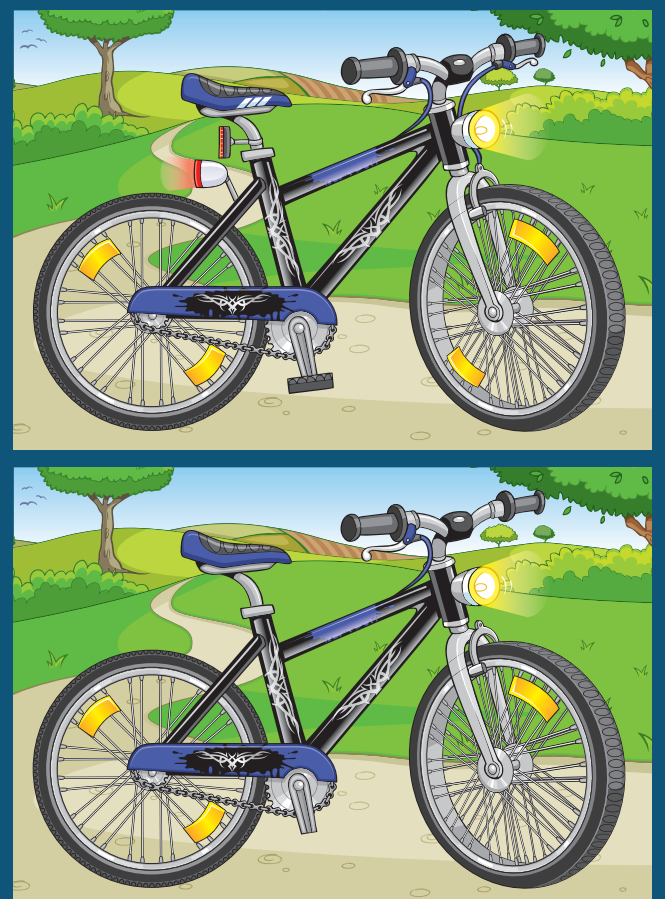
BE BRIGHT BE SEEN

Colour in James, Imran and Selina so they stand out in the dark



- 1** **Wear a cycle helmet -** always wear a helmet that is the right size and fitted securely.
- 2** **Be seen -** always wear something bright in the day or reflective at night to make sure others can see you. If you ride at night, you must have a white light at the front and a red light and reflector at the back.
- 3** **Check your bike -** always check your bike is safe to ride. Check your tyres, brakes and reflectors every time you go out.
- 4** **Obey road signs and traffic signals -** always remember if you cycle on the road, you must obey the rules, like stopping at traffic signals and zebra crossings.
- 5** **Stay alert -** always look behind before you change direction (lifesaver look), make sure you can see and hear everything around you. **Never wear headphones** when you are on your bike.

CAN YOU SPOT THE 6 DIFFERENCES?



DID YOU KNOW

THE PENNY FARTHING ...got its name because its wheels looked like coins?

JAMES' CYCLING WORDSEARCH CHALLENGE



D P X M O F H W D V Z I S X C
 C O F D C C E I S P O K E S Y
 A P U J H S L L I G H T S A C
 I Q N P A U M P D Q H I F P L
 B X K J I U E C L M Q L U B E
 W R W H N W T D D D W P Q R P
 I I A X A S E A T Z H E J M A
 B Q C K Y N S S H A E D G X T
 E T Y R E Y D G W A E A E C H
 L S H S G S T L N F L L A C L
 L R F G A L I D E C Z S R W V
 S D B I C Y C L E B X U S R B
 O Q Q G C S H K A M A M A Z
 M E V D X D H B P C O R R X R
 P R E F L E C T O R S X S O X

- BELL
- BRAKES
- BICYCLE
- CHAIN
- CYCLEPATH
- FUN
- GEARS
- HANDLEBARS
- HELMET
- LIGHTS
- PEDALS
- REFLECTORS
- SEAT
- SPOKES
- TYRE
- WHEEL

MATCH THE SIGNS | DRAW A LINE CONNECTING THE RIGHT SIGN TO ITS MEANING

| | | | | | |
|--|----------------------------------|--|----------------|--|-------------|
| | Children going to or from school | | No cycling | | One Way |
| | Cycle route ahead | | 20mph | | Zoo |
| | Pedestrian crossing ahead | | No Pedestrians | | Castle |
| | Level crossing with barrier | | Cycle route | | Cycle Route |

Signs in red triangles give **WARNINGS** Signs in circles give **ORDERS** Blue and brown signs give **INFORMATION**

Solution to Wordsearch

Quiz Prep Sheet for Nottingham Schools



The Year of Cycling

Nottingham City Council Road Safety

James, Imran and Selina are going to a cycle park at the weekend...

Hi, I can't wait to go to the cycle park tomorrow.

Me too. Don't forget your helmet!

The next day...

Hi, I'm James. I'm going to cycle to meet my friends.

I've made sure my brakes are working before setting off to the library to use the computers there.

Can't wait to see the new library!

Wow!! It's so cool! I'm going to use the computers here to plan my route.

It has a play area too!

Nearly there now. I've planned my route to use cycle paths as much as possible.

I must make sure I stay on the cycle side of the split path...

...and be careful of pedestrians on the other side.

Hi I'm Selina. My Mum is driving me to meet my friends.

Selina, her Mum and her sister set off in the car...

I'll drop the bike and scooter off once you meet Imran and James.

Thanks Mum!

Have you got your seatbelt on?

Yep. I put it on as soon as I got in the car

When we get out of the car, hold your sisters hand please.

Will do - it keeps her safe. I'll also leave my headphones in the car, as I don't want to be distracted near the road.

Hold onto your sisters hand tightly, that car is reversing.

Oh yes! I can see the white lights!

Hi, I'm Imran. Me and Dad walked to get to the tram. I love the tram, it's so quick!

Let's cross at the Zebra Crossing Dad.

Ok, what do we need to wait for?

That's easy - all the traffic to stop.

Yes. We can cross to the middle, then use the Green Cross Code again to get to the other side.

Step back from the kerb Imran, or you will be too close to the traffic.

But they are only doing 20mph

Some vehicles go faster!

Imran and his Dad board the tram...

Oh Dad, can we sit on these seats at the front?

Yes, but that sign means we may need to move if someone in a wheelchair gets on.

Selina's Mum has arrived at the cycle park, so they walk to meet her...

Mum is dropping our bike and scooter off at the cycle park.

Great, we need to stay on this side of the path as the other side is for bikes.

Yep! I've got my helmet on!

Is everyone ready to go?

Yes! I'll race you both round the track!

FACT FILE

The Netherlands is the so-called bicycle capital of the world, with upwards of 20 million bicycles for a population of 17 million.

THAT'S MORE THAN ONE BIKE FOR EVERY PERSON!

FACT FILE

The Laufmaschine - 'Dandy Horse'

The first bike was propelled by the rider pushing along with their feet. It didn't even have pedals!

Did you also know that the word bicycle means 'two wheels'. **BI-** means two, and **CYCLE** comes from a word meaning circle.

FACT FILE

Nottingham industrial museum has a great collection of classic Raleigh bikes!

FACT FILE

The most decorated British Olympians are Jason and Laura Kenny. Both have medals for cycling!

FACT FILE

Raleigh was established in Nottingham in 1887, and is still based in Nottingham today! Its one of the oldest and best-known bike brands

There are around **20 MILLION BICYCLES** in the United Kingdom