

# CONFIDENT CYCLING COMMUTING

## Confident Commuting

### Purpose:

This presentation is designed to cover the basics of becoming a confident commuter. Participants will learn the importance of safe riding, pre-ride checks, basics of gear and equipment, rules of the road, and ways to avoid common mistakes.

### Time and Place:

This module is designed to be presented indoors using the associated PowerPoint file. The presentation is expected to last about 20 minutes with a 10 minute discussion period

### Learning Objectives:

Participants will learn:

- how employers benefit from a Confident Cycle Commute program

### Materials:

The instructor will need the following materials:

- PowerPoint presentation with script
- projector and computer and laser pointer
- screen



Slide Text	Description and script
<p>1. <i>Splash intro of the series and sponsors with logos and titles</i></p>	<p>The Confident Cycling presentations were produced by the League of American Bicyclists in partnership with the Safe and Active Flint Coalition. The Safe and Active Flint project is funded through the Ruth Mott Foundation and facilitated by the Michigan Fitness Foundation in partnership with the Crim Fitness Foundation.</p>
<p>2. <i>Overview of the series</i></p>	<p>Bike selection and Fit , Driving Your Bike, Confident Commuting, How to Ride in Inclement Weather, and Creating a Bicycle Friendly Workplace</p>
<p><i>C. Confident Commuting</i></p>	<p>Riding a bicycle to work, to the store or to the library is not only good for you, it is good for the environment and save you money. Here are some tips on how to be a confident cyclist when commuting</p>
<p>3. <i>Why Commute?</i></p>	<p>Commuting by bicycle is a great way to get your metabolism running, improve your mood, reduce weight, save money and help reduce your carbon footprint.</p>
<p>4. <i>Check your equipment</i></p>	<p>When you are riding for recreation, your time is your own but when you are commuting your generally need to get somewhere on time.</p> <p>That means that equipment failure can turn a great ride into a disaster.</p>
<p><i>a. Lights and reflectors</i></p>	<p>If you are going to commute regularly you can expect to ride in the dark either before or after work. Get reflective clothing [photo] or other material and place it in front of your automobile's low beams.</p> <p>Use the ones that show up the best in addition to the legally required light and reflectors on your bicycle. Make sure your battery or generator are working and carry a back up light just in case.</p>

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<p>b. <i>Racks and panniers</i></p>	<p>You are going to need a way to carry “stuff” either on your bike or on your body. It is a lot easier to attach things to your bike and it reduces the center of gravity making stopping easier and less dangerous.</p> <p>Racks can be as simple as those that bolt or clip to your seat post or ones that bolt to special fittings, called braze-ons, on your frame.</p> <p>Check the bolts that hold the racks on and invest in a set of bungee cords that can wrap around your panniers to keep them from bouncing off in the middle of a bumpy intersection.</p>
<p>c. <i>Clothing and toiletries</i></p>	<p>If you are going to commute to work you need to be presentable after you get there. You’ll need to carry or arrange to have clean clothes at your work place and some facility for cleaning up.</p> <p>A full shower is great but many people who are riding short routes find they can make do with a sponge bath and clean clothes. Leave a pair of shoes at the office so you don’t have to carry them with you.</p>
<p>d. <i>ABC Quick Check</i></p>	<p>Always do the ABC Quick Check before you leave your home and your work place. It can save you lots of time and aggravation on the side of the road in the rain.</p>
<p>5. <i>Basic gear for commuting</i></p>	<p>There are a few basic things that you need to consider purchasing when you decide you are going to begin commuting by bicycle.</p>
<p>a. <i>Top to bottom</i></p>	<p>Starting from the top and going to the bottom you should consider.</p>
<p>i. <i>Helmet and helmet cover</i></p>	<p>A helmet is necessary and if you are going to ride in the cold and rain a cover of some kind is good.</p>

<u>Slide text</u>	<u>Description and script</u>
ii. <i>Head/ear covering</i>	You should also get something to wear under the helmet to cover you ears and head
iii. <i>Gloves and jerseys</i>	Short gloves are great but consider getting some that cover your whole hand to pull over when it gets cold. Your hands will be one of the first things that feel the cold especially on a wet day.  A long sleeve jersey, arm warmers or a wind shell will help keep your arms warm.
iv. <i>Shorts or pants</i>	Start with your regular shorts, add padded shorts for long rides and use leg warmers or tights if it begins to get cold. Rain pants are great for riding to work with your regular clothes underneath.
v. <i>Socks</i>	Regular cycling socks do not keep you warm in the winter. You need some wool or neoprene to stop the wind and keep your feet warm.
vi. <i>Shoes and shoe covers</i>	Shoe covers are great to keep your feet dry and warm so get a pair that are water proof.
b. <i>Wet and cold</i>	If it is both wet and cold you need rubber on the outside layer to keep the cold rain or snow off of your skin.
6. <i>Rules of the Road</i>	There are some simple things to remember when riding on the road.
a. <i>Cyclists fare best when they act and are treated as drivers of vehicles.</i>	If you have a driver's license you know all you need to know to drive your bicycle safely on the roads.

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<i>b. Seven rules</i>	But here are seven rules that can help you ride safely.
<i>i. Obey all signs and signals</i>	<p>Signs don't change and signals do. The law requires cyclists to obey all the traffic control devices including paint on the road. STOP really means stop but a red light means that you can't pass until it turn green so if you slow down and coast you may be able to get through without stopping.</p> <p>Some traffic signals have sensors that detect vehicles. They should detect a bicycle but if they don't you should walk your bicycle through the intersection and report the signal as malfunctioning.</p>
<i>ii. Ride to the right in the same direction as other traffic</i>	We've already talked about this but it bears repeating. Many of the crashes between motor vehicles and cyclists occur because the cyclist was going the wrong way...it is the number one cyclist caused crash.
<i>iii. One rider per saddle</i>	<p>Technically you are required to signal for a distance of 100 feet before a turn. But as a cyclist your signaling hand is part of your steering system. We ask that you signal for a count of two seconds, place your hand back on the handlebars and then turn.</p> <p>Signaling a left turn is done by pointing your left hand and arm to the left. A right turn is signaled by bending your left arm up and signaling a stop is done by bending the left arm down. In many states signaling a right turn may also be done by pointing right with the right hand and arm.</p>
<i>iv. Use hand and arm signals</i>	The law generally says that you can't ride more people than the vehicle is designed for. That means that unless you have a child seat, a sling or a trailer you shouldn't be riding someone else. Of course a tandem also makes it alright.
<i>Keep one hand on the handlebars</i>	You must always have one hand on the handlebars although two are safer. If the law said two how would you be able to signal?

<u>Slide Text</u>	<u>Description and script</u>
<p>v. <i>Effective brakes capable of making the braked wheel skid</i></p>	<p>All bikes must be equipped with effective brakes. Some states say they must be able to make the braked wheel skid but all states have some definition of effective...find out what it means in your state.</p>
<p>vi. <i>White light in the front and red light and/or reflectors in the back for riding in the dark</i></p>	<p>Finally, lights and reflectors. All states require a white light on the front of your bicycle (or you) so that other operators can see you when you are not in their headlights. Most states require a red reflector on the back and some states also require a red light. Don't put a white light on the back, it is illegal if you are not backing up.</p>
<p>7. <i>Common mistakes of bicycle commuting</i></p>	
<p>a. <i>Routes set like motor vehicle drivers</i></p>	<p>When people say they can't commute because there is too much traffic I usually tell them to stop thinking like a motorist. Cycling routes are a lot different than motoring routes.</p> <p>You look for a route with few stop signs and fewer hills. A route that lets you cross busy roads instead of riding along them. A route that parallels the main arterials.</p>
<p>b. <i>100%: Start slowly</i></p>	<p>If you go out and sell or donate your car and then find out that it just doesn't work then you may be in big trouble. Start slowly, commit to commuting once a month and then go to one a week and finally find that balance that works for you.</p>

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