



BIKE WISE

FREE CYCLE SKILLS SESSIONS

Come along to one of our sessions to improve your confidence and experience the fun and freedom of riding a bike!

Students and Staff at the University of Reading can take advantage of FREE training being delivered by qualified instructors. All levels of cyclist from complete beginner to advanced commuter will benefit.

RUNNING EVERY WEDNESDAY THROUGHOUT TERM TIME:

Back on bike and confidence rides 2–3pm

For those who haven't cycled for some time or are nervous using a bike. Develop bike control, signalling, use of gears and initial advice for cycling on roads.

Bike commuting skills and tips 3.30–5pm and 5–6pm

More advanced cycling techniques - road positioning, junctions and roundabouts, local route planning. Includes UK Road Rules for cyclists based on the Highway Code.

Leisure / guided explorer rides also run throughout the year

Additional sessions can be set up at dates/times to suit a group or department.

Learn to ride training for beginners, available on 1–1 basis.

All sessions meet outside Palmer Building and start with Bike Check /set up. Training from London Road campus can be arranged on request.

To book a place, or a bike, if needed contact: k.robertson@reading.ac.uk

For latest information and events see:
reading.ac.uk/sustainability/travel/cycling



B K E W I S E

CYCLE SAFETY TIPS

BIKE

- Keep your bike well maintained - especially tyres and brakes.
- Come along for a FREE cycle check with Dr Bike.
- Learn how to carry out repairs with onsite Reading Bike Kitchen sessions.



BIKE SECURITY

- Always LOCK your bike to a fixed object - using a sturdy D-Lock.
- Get your bike a free security label available from Security Services.
- Use secure cycle parking where available on campus or around Reading.



CYCLIST

- Ensure you know the UK Road Rules / Highway Code - come along to FREE cycle training (see over).

SEE AND BE SEEN

- Use front and rear lights especially after sunset and wear some high visibility clothing / vest or straps.



- Share space safely and considerately - around campus and on cycle paths. Stay on left side/cycle in control/use a bell or other warning to pedestrians - look out for other cyclists!

- Be aware and anticipate - vehicles/other road and path users may stop or turn quickly. Know your stopping distance and take care on wet or slippery surfaces.



ENJOY CYCLING - its quick, cheap, environmentally friendly and lots of fun!!

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