

Benefits of riding to and from school

- Reduces congestion,
- Increases safety around the school gate as the number of cars are reduced,
- Reduces pollution,
- Healthy way to travel (physical and mental health).
- Quality time to catch up with friends,
- Improves concentration,
- Become more street savvy,
- Cheaper!

Think about and plan your journey

Use this resource to help you start your journey to school. Think about it and talk to your parent or carer about the best way to travel.

Keep it with you to refer to on your journey or when planning a new one.

You can find the instructions and help on how to plan your journey by following the journey planner on the My Journey website – www.myjourneyhampshire.com. Choose different ways to travel and the time you want to leave or arrive and the journey planner will select the best route for you.

When you've looked at your options, find out what facilities your school has e.g. does it have cycle storage, lockers, somewhere covered to wait if it's raining? You should also check for any advice and services offered by your school, as well as guidance or requirements by public transport operators you may be looking to use.

My Journey Planner

Enter Start Location

Enter Final Destination

Search



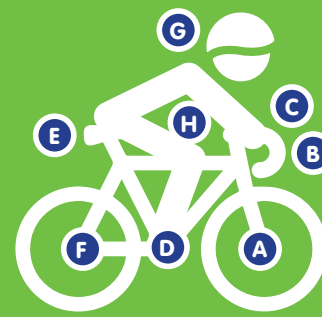
Please check out the routes/have a practice, it is your responsibility to make sure they are safe.

Bike maintenance guides

For safe and happy cycling, it is important to understand how to check your bicycle before you set off on your journey and how to keep it maintained. Your bike is then not only a pleasure to ride but safer and more reliable. Effective maintenance is an on-going process that keeps the machine in good working order, depending not simply on 'scheduled' activity such as an annual overhaul but on continued observation and immediate rectification when a problem arises.

See the following for guidance:

Cycle safety savvy



A. Wheels: Make sure your tyres are inflated, the wheel bolts are tightened and secured to the frame.

B. Handle bars: Check both your brakes are working by applying your right to check the front wheel and your left to check the rear.

C. Bell: Make sure your bike is fitted with a bell so that when you're behind a pedestrian, you can let them know you would like to pass. On the roads, the bell can warn pedestrians when they occasionally step into your path.

D. Pedals and chain: Roll your pedals backwards to check your chain runs smoothly, is in gear and isn't rusty.

E. Seat: Check your seat is at the right height by sitting on your bike with your tip toes touching the floor. Your knees should not be higher than the handle bars when cycling.

F. Gears: If your bike has gears, lift your rear wheel, shift through your gears to check they run smoothly.

G. Protect your head: Always wear a helmet, even on short journeys. Make sure it sits horizontally on your head without moving around and you can fit two fingers tightly between your chin and the strap.

H. Consider your riding position: Avoid cycling on the inside of the vehicle and keep clear from the gutter and kerb.

Other useful guides: Cycling UK has produced five guides on bike maintenance, designed to be downloaded to your phone for reference for wherever you travel. The guides cover everything from the basic checks you should carry out before setting off and the essential tools you should always carry, to how to fix a puncture and adjust your brake and gear cables. Please visit – www.cyclinguk.org/article/simple-bike-maintenance-guides



Cycle safety advice

- Ride decisively and keep clear of the kerb.
- Look and signal to show drivers what you plan to do, make eye contact where possible.
- Avoid riding up the inside of vehicles, as you might not be seen. If a vehicle is indicating to the left hang back at the junction to reduce the risk of a collision.
- Always use lights after dark or when visibility is poor.
- Always wear high-visibility and reflective clothing and accessories
- Wear a correctly fitted cycle helmet that is securely fastened and conforms to current regulations.

For more cycle safety advice please visit – www.think.gov.uk/cycle-safety

The Highway Code advises cyclists to wear a helmet that conforms to current regulations, is the correct size and securely fastened. Other accessories such as gloves or padded bike shorts can enhance your cycling experience.

Useful transport sites

www.havant.cyclestreets.net
www.cyclinguk.org
www.myjourneyhampshire.com
www.sustrans.org.uk
www.havant.gov.uk/cycle
www.gov.uk/transport/cycling-and-walking
www.nationalrail.co.uk

Scan this QR code to view the Cycle to School map online!



Please do 'like' and 'follow' us on social media to keep up with all our news and events across Hampshire.

[@myjourneyhants](https://www.facebook.com/myjourneyhants)
[@MyJourneyHants](https://www.instagram.com/MyJourneyHants)
[@myjourneyhampshire](https://www.instagram.com/myjourneyhampshire)

www.myjourneyhampshire.com

Top tips to get cycling

If it has been a while since you last cycled or if you are going out on your bike for the first time, it can be both exciting and sometimes a little daunting. Here are a few top tips to help you into the saddle:

Make sure that your bike is appropriate for your journey

Think about the type of surface you are riding on and the distance you have to travel.

Ensure that your bike is safe and comfortable

See the 'Bike maintenance guides' section

Consider the required accessories

- Wear a correctly fitted cycle helmet (see further information in the 'Cycle safety advice' section).
- Carry and use a bike lock for security. Remember to always have the key or the code! Research the best bike lock such as a D-lock.
- Use front and rear bike lights (these are useful even when it is daylight).
- A bell is useful as it allows you to be heard by other cyclists, motorists, and pedestrians.
- Appropriate clothing – it is always important to be seen! Wear high-visibility and reflective clothing (see section on 'Cycle safety advice'). In wet weather you may also find a waterproof jacket and bottoms useful.

Fuel up

It is important to stay fuelled whilst you are on a ride to keep your energy levels up! Always take a water bottle to stay hydrated and a healthy snack if on a long ride.

Watch Cycling UK's how to ride a bike video

There are plenty of top tips from getting on and off your bike easily to demonstrating how to balance and ride unaided. Please visit www.cyclinguk.org/advice-beginners

Practice in your local park or garden

Find a safe place to have a practise such as a local park to gain confidence in the saddle. Please be mindful of other park users and cars coming in and out of the car park.

Learn how to fix a puncture and other basic maintenance

As mentioned, it is important to know how to look after your bike. Knowing how to fix a puncture can be useful. See the section 'Bike maintenance guides'. Carry an emergency puncture repair kit/pump.

Protect your bike by registering it

Register your bike for FREE with the Immobiliser Property Register at www.immobilise.com and improve your chances of getting it back if it is lost or stolen.

Practice makes perfect!

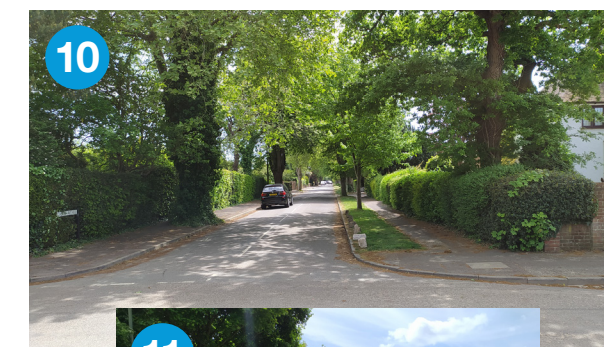
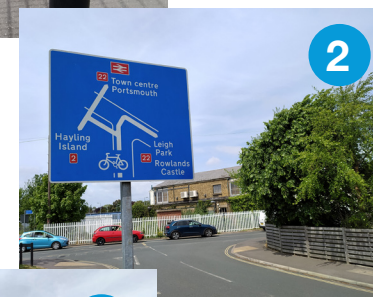
Everyone who cycles does so because they enjoy it and the more you practice the better you'll get and the more confident you will be. Even just a short ride to the shops can help!

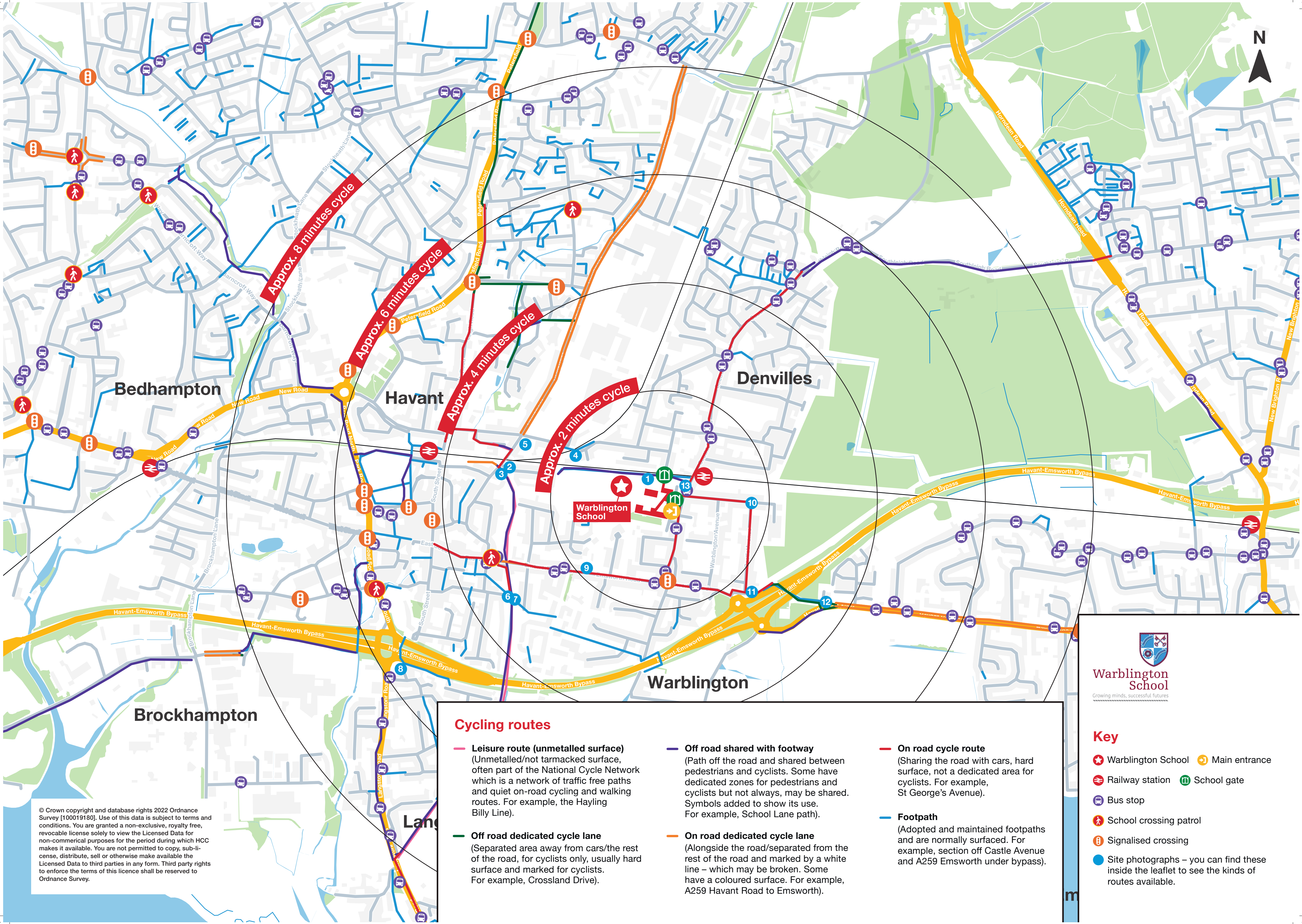
If you do need to buy a new bike

There are lots of things to consider such as the price point, right size, where to buy from and so on. There is lots of helpful information at: www.cyclinguk.org/advice-beginners

Cycling route

Look out for the following numbers on the illustrated map on the reverse of this flyer to check out the different routes available.





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Cycling routes

- Leisure route (unmetalled surface)**
(Unmetalled/not tarmacked surface, often part of the National Cycle Network which is a network of traffic free paths and quiet on-road cycling and walking routes. For example, the Hayling Billy Line).
- Off road dedicated cycle lane**
(Separated area away from cars/the rest of the road, for cyclists only, usually hard surface and marked for cyclists. For example, Crossland Drive).
- Off road shared with footway**
(Path off the road and shared between pedestrians and cyclists. Some have dedicated zones for pedestrians and cyclists but not always, may be shared. Symbols added to show its use. For example, School Lane path).
- On road dedicated cycle lane**
(Alongside the road/separated from the rest of the road and marked by a white line – which may be broken. Some have a coloured surface. For example, A259 Havant Road to Emsworth).
- On road cycle route**
(Sharing the road with cars, hard surface, not a dedicated area for cyclists. For example, St George's Avenue).
- Footpath**
(Adopted and maintained footpaths and are normally surfaced. For example, section off Castle Avenue and A259 Emsworth under bypass).



Key

- ★ Warblington School
- ➡ Main entrance
- 🚉 Railway station
- 🚏 School gate
- 🚌 Bus stop
- 🚶 School crossing patrol
- 🚦 Signalled crossing
- 📍 Site photographs – you can find these inside the leaflet to see the kinds of routes available.