

# Resource Boards



# Try Cycling!



# Try Cycling Resource Boards

This guide explains how to use the Try Cycling Resource Boards. Originally they were designed for playground use at a Bicycle Day, held at an Edinburgh primary school. Their design was conceived with fun in mind, but they are also a good educational tool to raise awareness about bicycles and cycling.

The Resource Boards are available to borrow from ChangingPace, an Edinburgh based organisation. The images shown in this guide have been printed on free standing A0 size boards (841mm x 1189mm), which are made from 5mm PVC. There are six boards in the series, and there are two copies of each board. Answer cards with velcro backing are supplied with the boards. Contact details for ChangingPace are on the final page of this guide.

Alternatively, the images in this guide can be downloaded or just used to inspire. Further ideas can be found at [www.bicyclefundays.info](http://www.bicyclefundays.info)

## Summary of contents:

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Try Cycling Resource Boards  
- cover of this guide is board one

Pages 8 - 10

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Explanation of how to use the boards

Page 11

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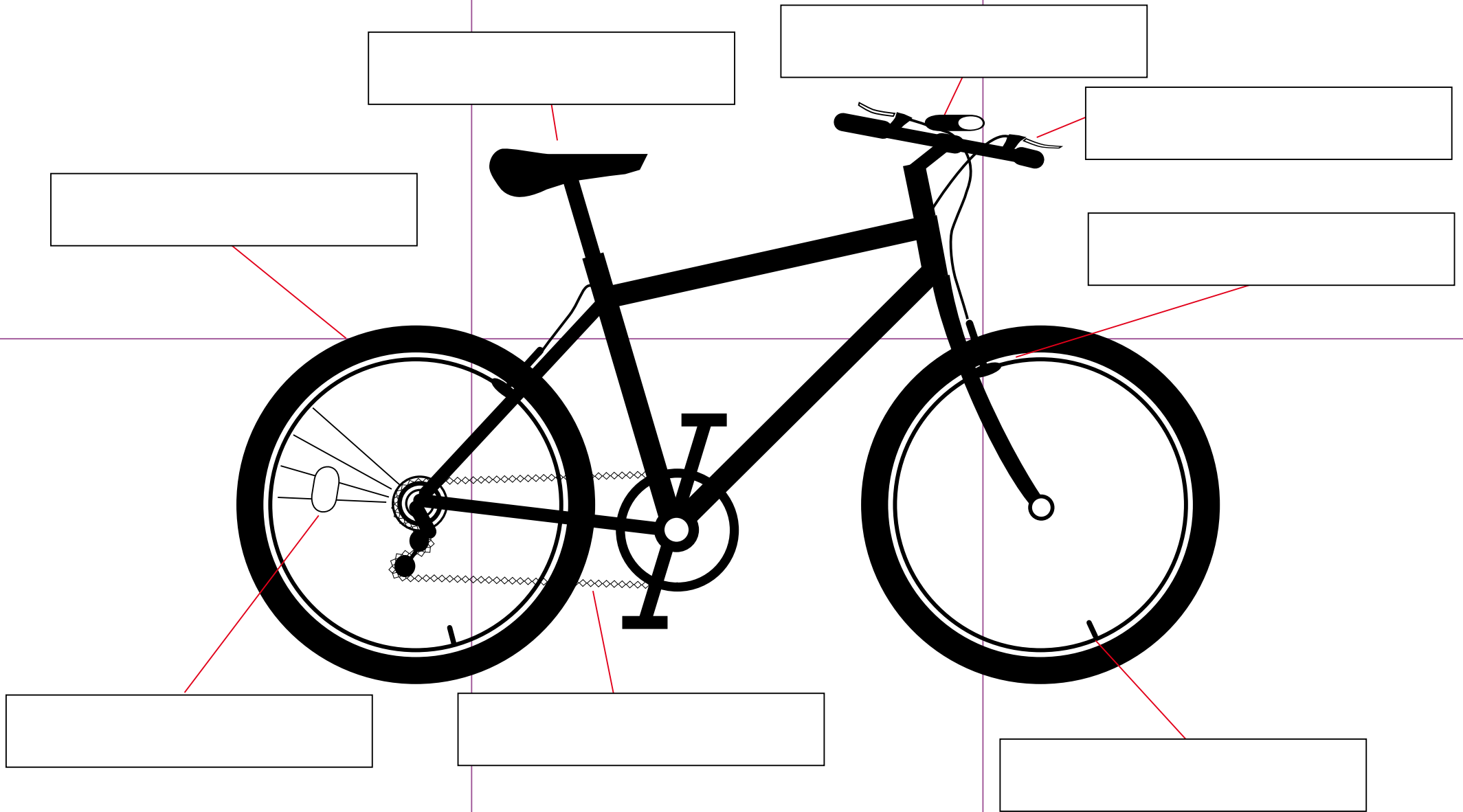
Answer sheet

Page 12

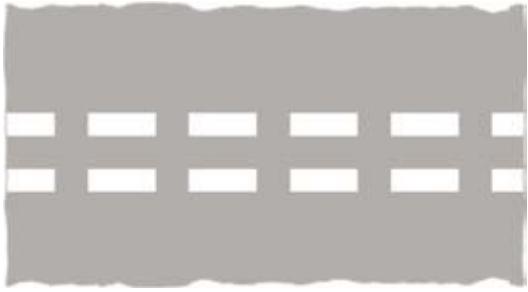
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Sources, credits and contacts

# Doctor Bike



# Signs and road markings - what do they mean?



# Sustrans routes

Did you know that 75% of you live within two miles of a National Cycle Network route?


# Cycling can make a difference

I haven't got time to cycle!

What is the average speed of rush hour traffic in London?

mph

What is the typical speed limit in towns and cities?

mph

It's great to get a lift in the car!

How many planets do we know of that sustain human life?

planet

On average how many planets would we need to sustain life if everyone lived like us?

planets

I can't be bothered to walk!

What's the average distance people walk, per person per year?

miles

What percentage of all journeys we make are under 5 miles?

%

Cycling safely

**BE HEARD**

**BE ALERT**



**WEAR A  
HELMET**



**Load  
Safely**

**GET TRAINED**

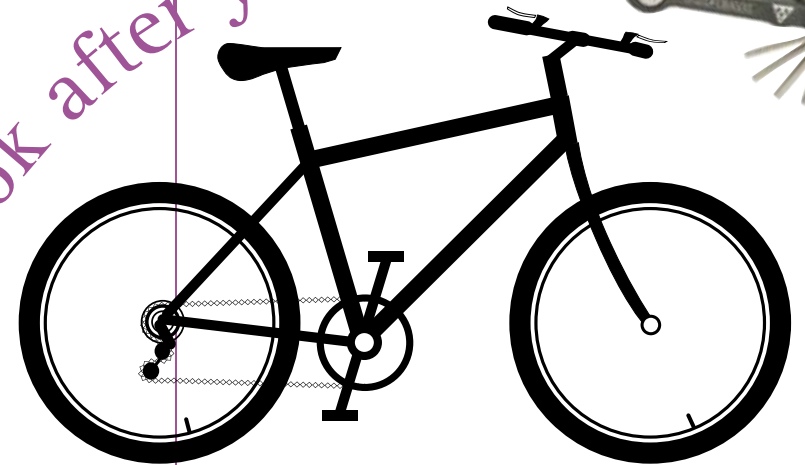
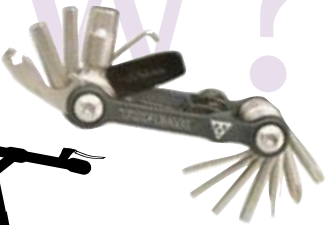
Choose your route carefully



Look after your bike



**BE  
SEEN**



# Doctor Bike

**Aim of board game:** To identify parts of a bike and understand their purpose in terms of safe cycling

## Activity 1

**Requires:** Two teams of 2, two Dr. Bike boards, 2 sets of bike part words

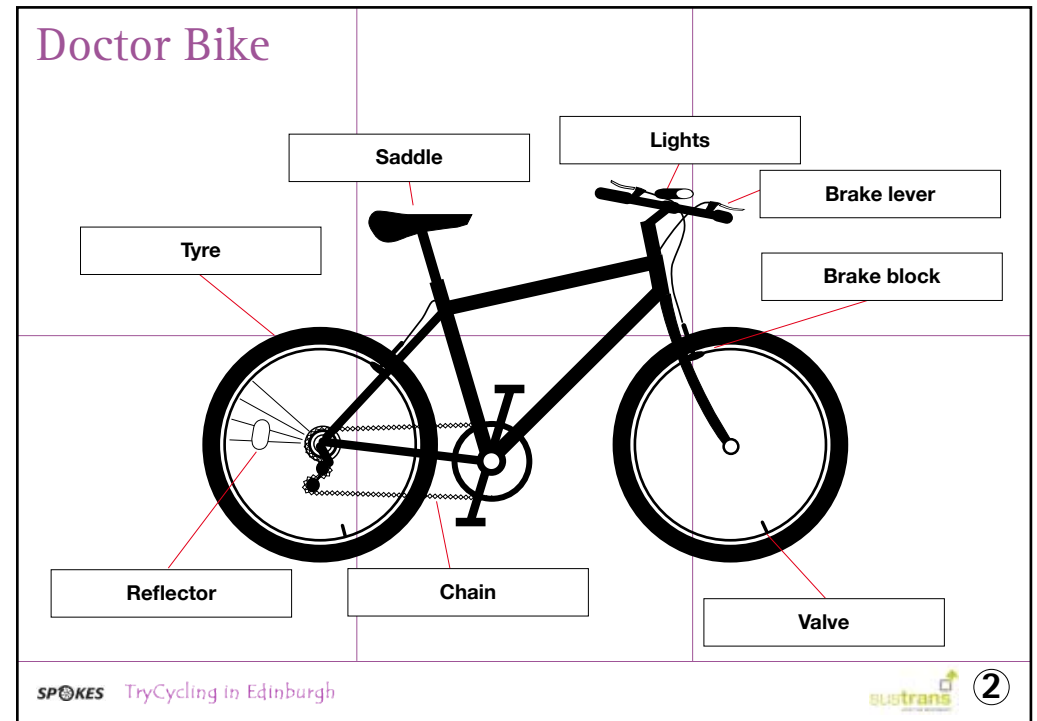
**Aim:** A race against the clock for each team to place the eight bike part words in the correct location on board. Involve audience when checking answers

## Activity 2

Involve children in discussion regarding various bike parts - their purpose, their importance, and consequences if not in safe working order

## Activity 3

Provide an A4 sheet with bike image and ask children to perform a safety check on their own bike



# Signs and road markings

**Aim of board game:** To identify some important road signs and markings and understand their relevance in terms of safe cycling

## Activity 1

**Requires:** Two teams of 2, two Signs and road marking boards, 2 sets of answers (these include spoof answers)

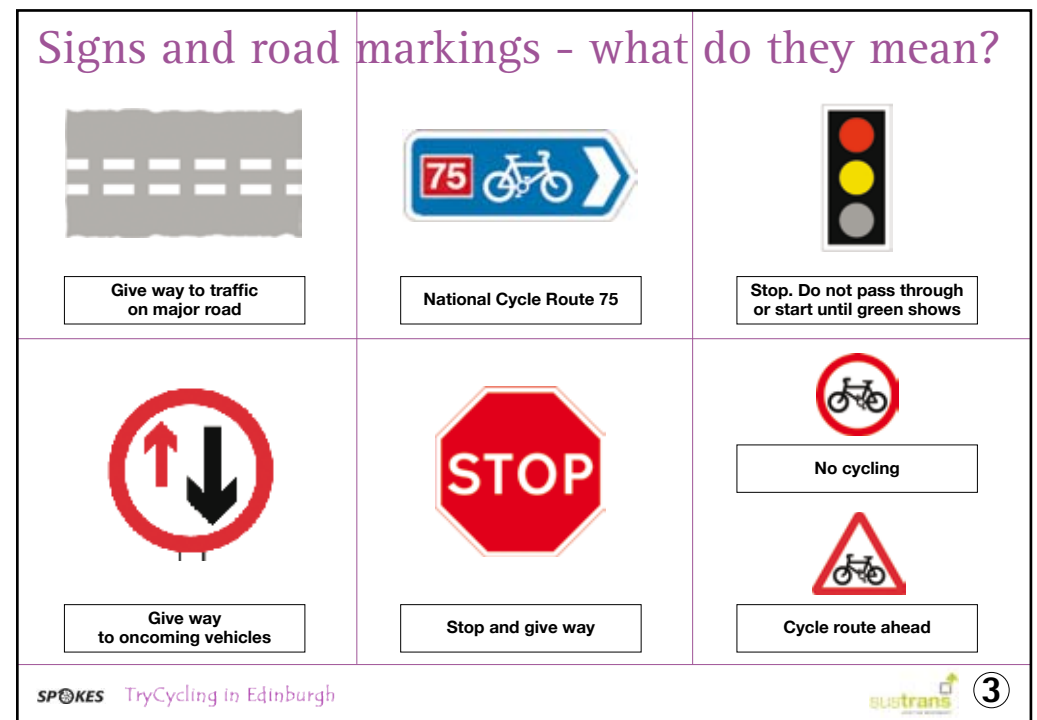
**Aim:** A race against the clock for each team to match correct definitions to each of the seven signs and road markings. Twelve possible answers provided for each team

## Activity 2

Involve children in discussion about relevance and importance of these signs and others in high way code

## Spoof answers

• Do not leave tyre marks on road • Only 75 cyclists permitted at any one time • Traffic light signals out of order • You have taken a wrong turn - go back to start • No entry



# Sustrans routes

**Aim of board game:** To illustrate how extensive the National Cycle Network (NCN) is and inform about other local cycle paths

## Activity 1

**Requires:** Two teams of 2, two Sustrans route boards, 2 sets of answers


**Aim:** A race against the clock for each team to match correct city name to map


## Activity 2

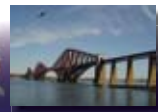



Involve children in looking at a local cycle map, discuss destinations and route planning, and integrated travel


## Sustrans routes

Did you know that 75% of you live within two miles of a National Cycle Network route?





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# Cycling can make a difference

**Aim:** To highlight cycling's broad relevance to health and the environment

## Activity 1




**Requires:** Two teams of 2, Two cycling can make a difference boards, 2 sets of answers


**Aim:** A race against the clock for each team to match number answers to questions

## Activity 2

Involve children in audience when checking answers. Allow for discussion regarding congestion, carbon emissions, recommended levels of physical activity

## Cycling can make a difference

	What is the average speed of rush hour traffic in London?	6.8	mph
	What is the typical speed limit in towns and cities?	30	mph
	How many planets do we know of that sustain human life?	1	planet
	On average how many planets would we need to sustain life if everyone lived like us?	3.14	planets
	What's the average distance people walk, per person per year?	192	miles
	What percentage of all journeys we make are under 5 miles?	75	%

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# Cycling safely

Aim: To summarise various issues that may have been discussed while completing the board games

## Activity 1

Involve the children, by asking them

WHY it's important to Be Seen, Be Alert, Be Trained, Be Heard, Be Prepared  
- plan your route, Be Loaded Safely and Be Safe (bike repairs) and HOW to do something about it

Cycling safely

**WEAR A HELMET**

**BE HEARD**

**BE ALERT**

**Load Safely**

**GET TRAINED**

Choose your route carefully

**BE SEEN**

Look after your bike

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sustrans **6**

<b>Chain</b>	<b>Tyre</b>	<b>Brake lever</b>	<b>Brake block</b>	
<b>Reflector</b>	<b>Saddle</b>	<b>Valve</b>	<b>Lights</b>	
<b>Give way to traffic on major road</b>	<b>National Cycle Route 75</b>	<b>Stop. Do not pass through or start until green shows</b>	<b>Aberdeen</b>	<b>6.8</b>
			<b>Glasgow</b>	
<b>Do not leave tyre marks on road</b>	<b>Only 75 cyclists permitted at any one time</b>	<b>Traffic light signals out of order</b>	<b>Edinburgh</b>	<b>30</b>
			<b>Newcastle</b>	
<b>Give way to oncoming vehicles</b>	<b>Stop and give way</b>	<b>No cycling</b>	<b>Liverpool</b>	<b>1</b>
			<b>Cardiff</b>	
<b>You have taken a wrong turn - go back to start</b>	<b>No entry</b>	<b>Cycle route ahead</b>	<b>London</b>	<b>3.14</b>
			<b>Manchester</b>	

**75**

**192**

**Copy and cut out these items to make two sets**

**192**

**75**

<b>Chain</b>	<b>Tyre</b>	<b>Saddle</b>	<b>Valve</b>	<b>Lights</b>	<b>Brake block</b>
<b>Give way to traffic on major road</b>	<b>National Cycle Route 75</b>	<b>Stop. Do not pass through or start until green shows</b>	<b>Stop. Do not pass through or start until green shows</b>	<b>Aberdeen</b>	<b>6.8</b>
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<b>You have taken a wrong turn - go back to start</b>	<b>No entry</b>	<b>Cycle route ahead</b>	<b>No entry</b>	<b>London</b>	<b>3.14</b>
				<b>Manchester</b>	

## Sources for answers to Board 5

Average speed of rush hour traffic in London **6.8 mph**  
(source: Citroen, 2006)

On average **3.14 planets** are needed to sustain life if everyone lived like us  
(source: WWF, 2007)

“**Ecological Footprint**,” an indicator which calculates the total amount of land needed by current human civilizations to “produce the resources they use, absorb waste and provide space for infrastructure. According to the WorldWatch Institute.

The average distance people walk, per person per year is **192 miles**  
(source: 2003 stats)

**75 %** of all journeys we make are under 5 miles  
(source: Cycling Scotland: Why choose cycling?)

## To borrow Try Cycling Resource Boards

Contact:  
ChangingPace  
[www.changingpace.info](http://www.changingpace.info)  
E: [maggie@changingpace.info](mailto:maggie@changingpace.info)  
T: 0131 332 3442

## Credits

Copy and concept: Maggie Wynn [www.trycyclinginedinburgh.org.uk](http://www.trycyclinginedinburgh.org.uk)  
Additional support: Spokes [www.spokes.org.uk](http://www.spokes.org.uk)  
Design: David Gardiner, Vantage Creative Solutions  
Funding: Sustrans [www.sustrans.org.uk](http://www.sustrans.org.uk)