

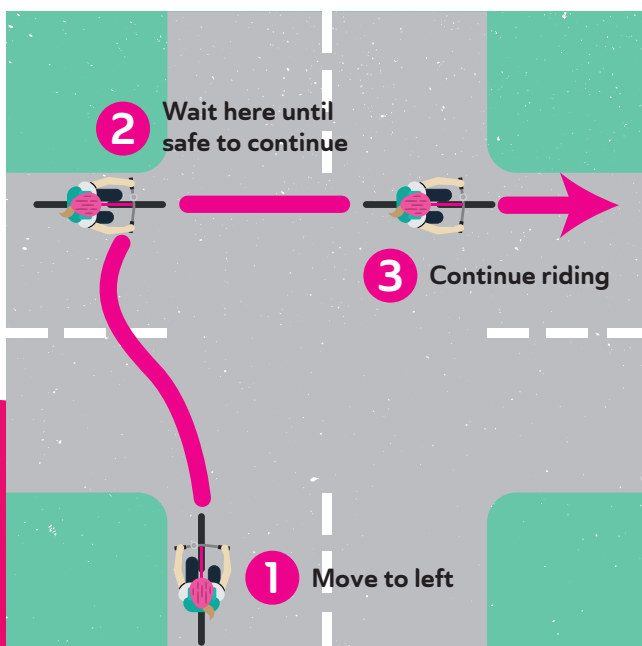
Additional Bike Skill DEVELOPMENT

HOOK TURN INSTRUCTIONS

A hook turn is a right turn that you complete in 2 stages. It is a safer alternative for turning when you would otherwise have to merge with moving traffic and/or cross multiple lanes of traffic. You can also use the same technique to complete a right turn through a multiple lane roundabout.

To make a hook turn:

- » Approach and enter the intersection from as near as possible to the far left side of the road that you are leaving.
- » Move forward:
 - » keeping as near as possible to the far left side of the intersection
 - » keeping clear of any marked foot crossings
 - » keeping clear, as far as practicable, of any driver turning left from the left of the intersection
 - » until you are as near as practicable to the far side of the road that you are entering
- » If there are traffic lights at the intersection, remain at the position reached under step 2 until you have given way to approaching drivers on the road that you are leaving.
- » If there are no traffic lights at the intersection, remain at the position reached under step 2 until you have given way to approaching drivers on the road that you are leaving.
- » Turn right in the road that you are entering.



BRAKING INSTRUCTIONS

- » If your bike has two brakes, one for each hand, and you want to stop as safely as possible, you need to pay attention to how you use each of them
- » The front brake applies the most braking power and will help you stop the quickest, but it is better to use both brakes at the same time for maximum effect
- » Make sure you don't just jam the brakes on as hard as you can or you run the risk of skidding, losing control of your bike or going over your handlebars
- » When braking heavily move your body position back as far as you can. This will minimise the risk of going over the handlebars
- » As you get more experienced at braking you may notice that adjusting how hard you apply the front and rear brake will improve your braking technique

'POWER SLIDE' INSTRUCTIONS

- » The 'power slide' is often used by young riders on small bikes with a back-pedal brake
- » The back-pedal brake is applied and the rider leans the bike sideways and slides the bike 90 degrees to the direction of travel.



Initiative of



IT'S
your move
SAFE CYCLE