

Emergency stops

Cyclists may have to stop in an emergency to avoid a crash if someone steps or drives out in front of them. They will have to act fast and will have little time to think.

Take a look at the diagram below: Cyclist **A** has to make an emergency stop. Number the 6 steps in the circles below into the correct order from 1-6.

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| <input type="radio"/> Put the left foot down as you stop to help you balance. | <input type="radio"/> Keep both hands on the handlebars to stay in control – push back slightly and keep the arms straight. |
| <input type="radio"/> When you are ready to start again reset the pedal and make sure you use the iCycle System. | <input type="radio"/> Be careful not to use just one brake – you might fly over the handlebars or skid and lose control. |
| <input type="radio"/> Look back, signal, two hands on, lifesaver, go! | <input type="radio"/> Brake! Quickly squeeze both brakes, increasing the pressure as you try to stop. |

