

Starting off

Before starting off you need to be sure it is safe, and let other traffic know what you are intending to do. When it's clear, place the bike on the road near to the kerb. You need to look all around to make sure it is safe and then get on the bike.

Take a look at the diagram below: Cyclist **A** wants to start off on a journey. Number the 6 steps in the circles below into the correct order from 1-6.

- Go! Push down on the right pedal firmly to make a smooth controlled start.
- If it is safe signal clearly with the right arm – holding for at least 3 seconds.
- Put both hands back on the handlebars.
- Put the left foot on the pavement with the ball of the right foot on the pedal in the 2 o'clock position, ready to push off.
- Give a lifesaver look over the right shoulder.
- Look back over the right shoulder – checking to see if it is safe. Make sure you turn around fully.

