

INFORMATION



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Cycling scheme a success with primary pupils

MORE than 2000 pupils from primary schools across South Lanarkshire signed up to take part in cycle training during the past school year.

Among them were primary six and seven pupils from Carmichael Primary School who recently completed the Scottish Cycle Training Scheme (formerly known as Cycling Proficiency).

The scheme teaches basic cycling skills, emergency stop, right and left turns from minor to major and major to minor roads, basic bike checks and environmental awareness.

Lessons on signalling, observation and general awareness of traffic are included in each section of the training.

The scheme is also a useful tool to promote cycling as an environmentally sustainable and healthy form of transport as part of the Health Promoting Schools, Eco-Schools and School Travel Plan initiatives as well as fitting into the second level of the Health and Wellbeing Experiences and Outcomes within Curriculum for Excellence.

It is a starting point for the development of skills necessary for good cycling practice, offering upper primary school children basic skills and knowledge necessary for competent and safe cycling.

To celebrate the end of the training, Ruth Semple (Community and Landowner Liaison Officer) from SSE Renewables gifted the pupils a high visibility vest and bicycle pump to aid their road safety when cycling.

Chair of South Lanarkshire Council's Road Safety Forum, Councillor John Murray, said: "The Scottish Cycle Training Scheme gives vital lessons for cyclists in how to stay safe on our roads.

"This year more than 2000 pupils signed up to take part in the scheme – a fantastic figure.

"The Council's Road Safety Team work with the primary school pupils, their teachers, adult volunteer trainers and parents to promote safe and sustainable journeys by bicycle.

"I am delighted so many of our young people have taken advantage of this wonderful opportunity and I am sure many of them will develop a life-long passion for cycling which will improve sustainable methods of transport in the future.

"I would also like to thank SSE Renewables for their support in our delivery of this scheme."

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