

# FREE 2020-2021 ADULT CYCLE SKILLS COURSES

Each course is two morning sessions:

## Thames

Friday 28th August  
Thursday 3rd September

## Waihi

Wednesday 14th October  
Monday 19th October

## Matamata

Friday 4th December  
Wednesday 9th December

## Paeroa

Thursday 21st January  
Wednesday 27th January

## Whitianga

Thursday 18th February  
Wednesday 24th February

## Te Aroha

Thursday 18th March  
Wednesday 24th March



*Group sessions  
with maximum  
number of 12, booking  
is essential!*

Enjoy the Journey



Dates don't suit? Call to put your name down and our team will contact you when the next course is available



You will need a road worthy bike  
and an approved helmet



Learn what 'Pedal ready' means



How to stay safe when you are cycling



What to look for to check your bike























Designed for adults who can ride a bike

Phone **Thames-Coromandel District Council** on **07 868 0200** to book your space!

**Road Safety IS**  
**EVERYONE'S Responsibility**



-  Check your bike regularly - brakes, wheels, tyres, chain, pedals, headset, crank, seat
-  Be pedal ready
-  Regularly check behind you
-  Work on your bike skills - practice the 5 L's
-  Be seen ~ wear bright clothing, lights and reflectors.
-  Ride at least one metre out from parked cars and watch for drivers opening doors.
-  Claim the lane when the road width requires it, or when you need to position yourself for a turn or roundabout.
-  Make eye contact with drivers
-  Scan ahead for potential hazards i.e. pedestrians, dogs, or drivers who have not seen you.
-  Know the road rules and follow them.

-  Be safe, Be seen
-  Be predictable
-  Be courteous
-  Be prepared
-  Communicate
-  Claim the lane
-  Expect the unexpected
-  Scan for hazards
-  Trip planning - less is best
-  Use your head

## More Information:

### For everyday riding tips:

[www.bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced](http://www.bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced)

### For more technical bike tips see the NZTA cyclists road code:

[www.nzta.govt.nz](http://www.nzta.govt.nz)

### Check out:

[www.nzta.govt.nz/walking-cycling-and-public-transport/cycling](http://www.nzta.govt.nz/walking-cycling-and-public-transport/cycling)

### To find a group/club in your region:

[www.cyclingnewzealand.nz](http://www.cyclingnewzealand.nz)

### For Hauraki Rail Trail status:

[www.haurakirailtrail.co.nz](http://www.haurakirailtrail.co.nz)

### To report a State Highway road hazard:

0800 44 44 49

### To report a local road hazard:

Thames-Coromandel District Council:

07 868 0200

Hauraki District Council:

07 862 8609

Matamata-Piako District Council:

07 884 0060

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