

FREE 2020 ADULT CYCLE SKILLS

When: These are two separate morning sessions

Where: Paeroa, Thames, Morrinsville, Waihi, Ngatea, Whitianga, Matamata, Te Aroha, Whangamata

Morrinsville

Tuesday, January 21st
Tuesday, January 28th

Thames

Thursday, January 23rd
Wednesday, January 29th

Waihi

Tuesday, March 17th
Tuesday, March 24th






Ngatea

Thursday, March 19th
Friday, March 27th

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



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











-  You will need a road worthy bike and an approved helmet
-  Learn what 'Pedal ready' means
-  How to stay safe when your 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



-  'M' check your bike regularly - brakes, tyres, chain, reflectors and lights
-  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-beginner-to-advanced/

For more technical bike tips see the NZTA cyclists road code:
www.nzta.govt.nz

Check out:
www.nzta.govt.nz/walking-cycling-and-public-transport/cycling

To find a group/club in your region:
www.cyclingnewzealand.nz

For Hauraki Rail Trail status:
www.haurakitrail.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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