



Traffic Division,
Roads and Transportation,
Cork City Council.



Information and Awareness Campaigns
to Enhance the Effectiveness of Investments
and Infrastructure Measures
for Energy Efficient Urban Transport

“Cycle Safety” Training

Do concerns about road safety put you off cycling?

If so, sign up for a free “Cycle Safety” Training Session and master your road skills, brush-up on signaling and cornering techniques and improve your bike-handling.



Anyone who cycles, or plans to cycle in the future, can benefit from this offer. Group classes from this Professional Cycle Training Company, normally cost €150!

However you can avail of the class for free, as it will be part-funded by Cork City Council under an EU scheme.

Places are limited so book early! Fill in the Application form and email or post to the address below:

Email:

sarah_danaher@corkcity.ie or
traffic@corkcity.ie

Telephone:

(021) 4924769 or 4924452

Postal address:

Traffic Division, Room 112,
City Hall, Anglesea Street,
Cork.

[Booking closes for Session 1 on April 7th](#)



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"Cycle Safety" Training Application Form

Name: _____

Address/Phone/E-mail contact details: _____

Cycling Experience (*ie. Have you ever cycled before? If so how often and how long ago*): _____

Course preference: (*There are one-on-one and group sessions available!*):

30 minutes Beginners one-on-one: _____

90 minutes Refreshers group session: _____

Do you need to use book a bike ** or can you bring your own?:

Sessions will be held in :

Bishopstown GAA on: Friday April 9th between: noon and 3 pm

CIT Terraced Car Park on: Saturday April 24th between: 10am and 5pm

Fitzgeralds Park on: Sunday April 25th between: 10 am and 3pm

These dates may change depending on numbers of Applicants;

N.B. Please indicate which of the above dates, times and venues would suit you best: _____

Please also indicate any times or dates when you would NOT be available to undertake the course:



“Cycle Safety Training”: Course Details:



The Cycling Safety and Skills School can provide two types of Adult Bike Safety Skills Courses

Beginner Course Outline:

Participants would expect to learn techniques to get them cycling, focussing on balancing and pedalling methods. Most beginners should learn to cycle on the day, unless there are balancing issues, i.e. dyspraxia.

Refresher Course on Safety Skills:

Participants who can already cycle will work on road skills, e.g. tips on mastery of good signalling and cornering techniques. Attendees can expect to go away with techniques and skills which will improve bike-handling, a major aspect of safety.

** Cork City Council is prepared to sponsor the rental of a limited number of bicycles for trainees to borrow. To avail of the subsidy users must register on time.
(Users may have to pay a refundable deposit and accept liability for damages as stipulated by the rental company!)

