

# Cycle Aware Training for Learner Drivers

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Road Safety Seminar – Radisson Blu Hotel

31<sup>st</sup> of October 2018

**Cycling Scotland**

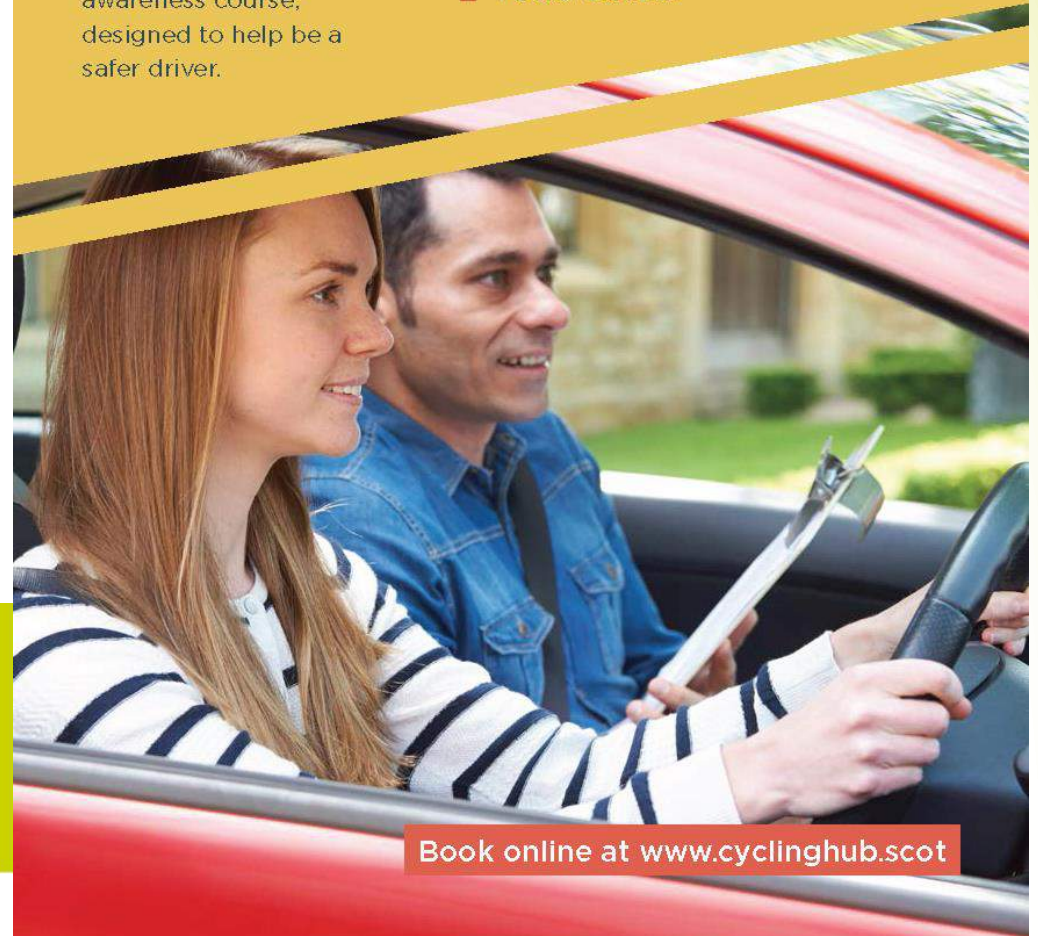
**FREE**

**Learner Driver**

**Training**

Cycling Scotland  
brings you a free cycle  
awareness course,  
designed to help be a  
safer driver.

A **FREE** 3.5 hour cycle  
awareness course to help  
you to drive safely and  
confidently around other  
road users.



Book online at [www.cyclinghub.scot](http://www.cyclinghub.scot)





Background



# PCAT – LGV/PCV drivers

- Increase awareness of vulnerable road users
- Improve hazard perceptions
- 7-hour CPC\* training
- Partnership: City of Edinburgh Council
- Local authorities, bus operators, haulage companies

Four out of five participants agree that *“Practical Cycle Awareness Training gives professional drivers a much better understanding of bicycle users behaviour.”\*\**

\*Certificate of professional competence

\*\*Based on post-training evaluation



# Overview of the training

- 3.5 hour training course delivered by expert tutors
  - Pre-practical theory course – 1-hour theory
  - Practical course
- Partnership with Glasgow City Council for venue and pool bikes
- Other locations
- Collaboration with Heriot-Watt University for evaluation
  - 100 people trained by the end of the year
  - Evaluation on impact on Hazard Perception capabilities and any impact on pass rate
  - Long term objective



# Evaluation



## Cycling Scotland

- Led by **Dr Guy Walker**, leading academic in the human factors discipline, **Heriot-Watt University**
- Training interventions rarely evaluated.
- **This study is novel and unique in two ways. It is novel in seeking to establish a formal evidence-base for LDCAT's effectiveness, and it is novel in doing so after a sustained period of follow-up**

# Evaluation questionnaire

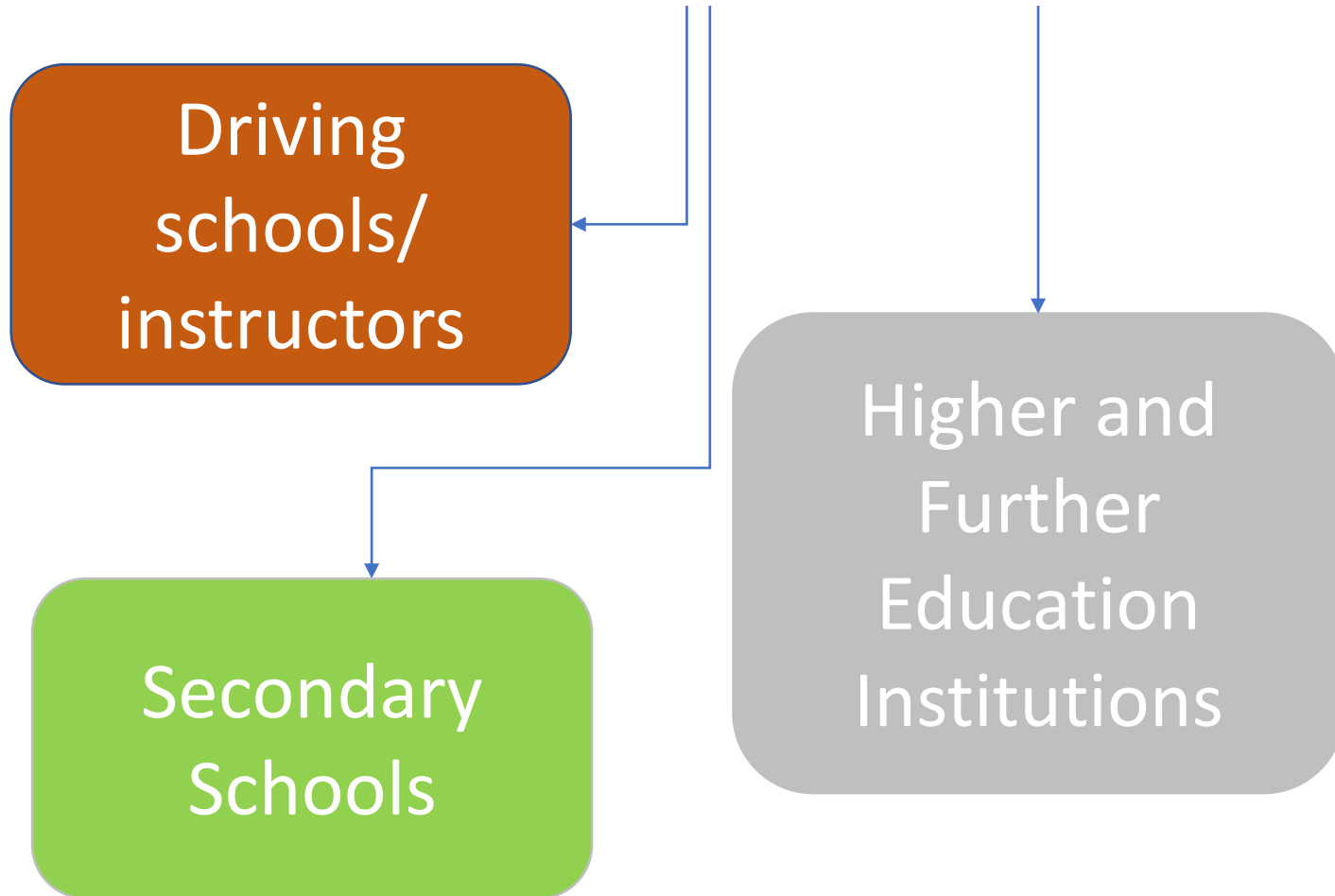


- Self-reported cycle awareness (Strongly agree to strongly disagree)
- Pre-intervention and post-intervention questionnaire
- Positive and negative statements

If I was driving a car I would stick to 20 mph in designated zones



# Spreading the word



# Outputs

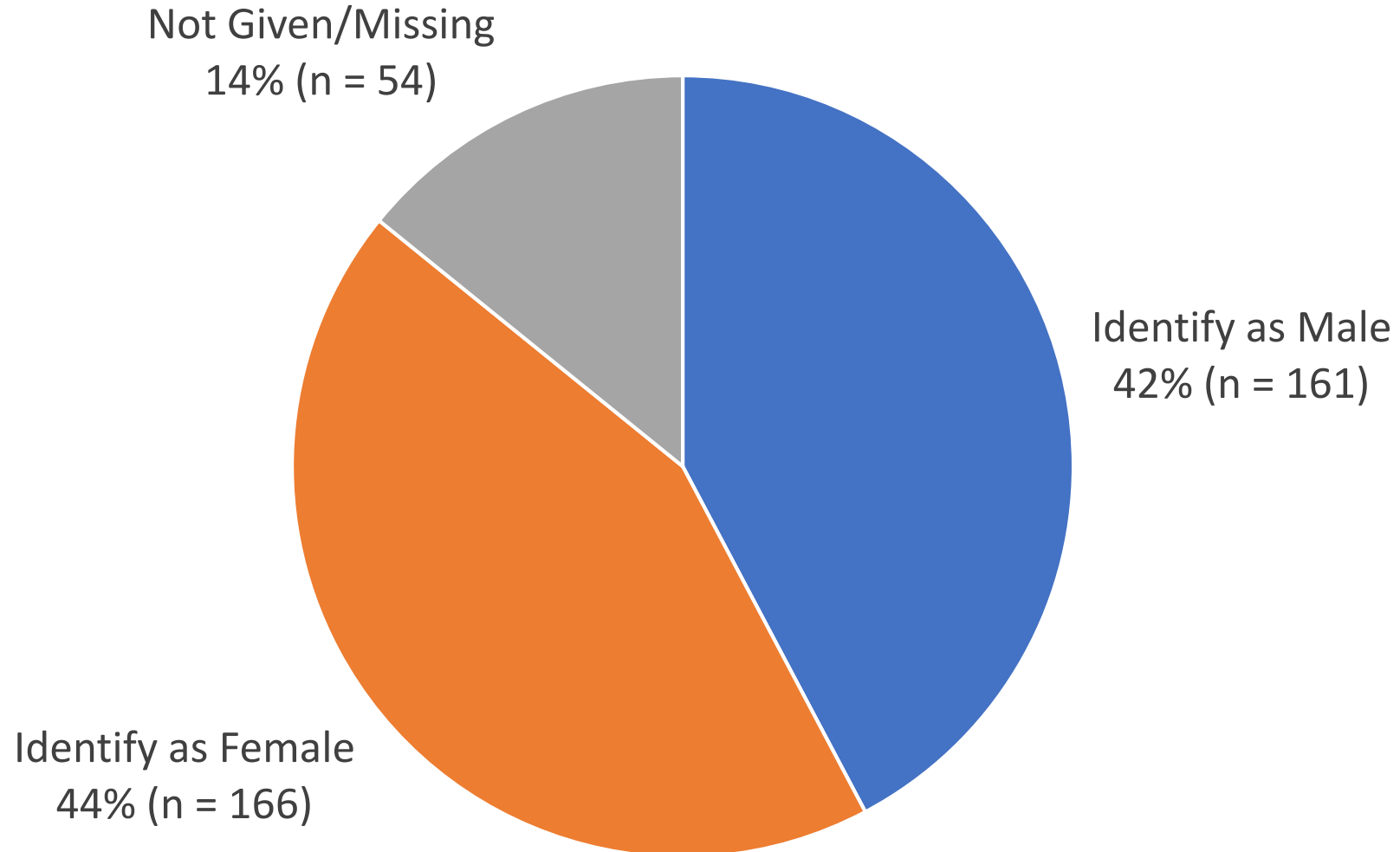
536 participants trained

381 participants in  
evaluation





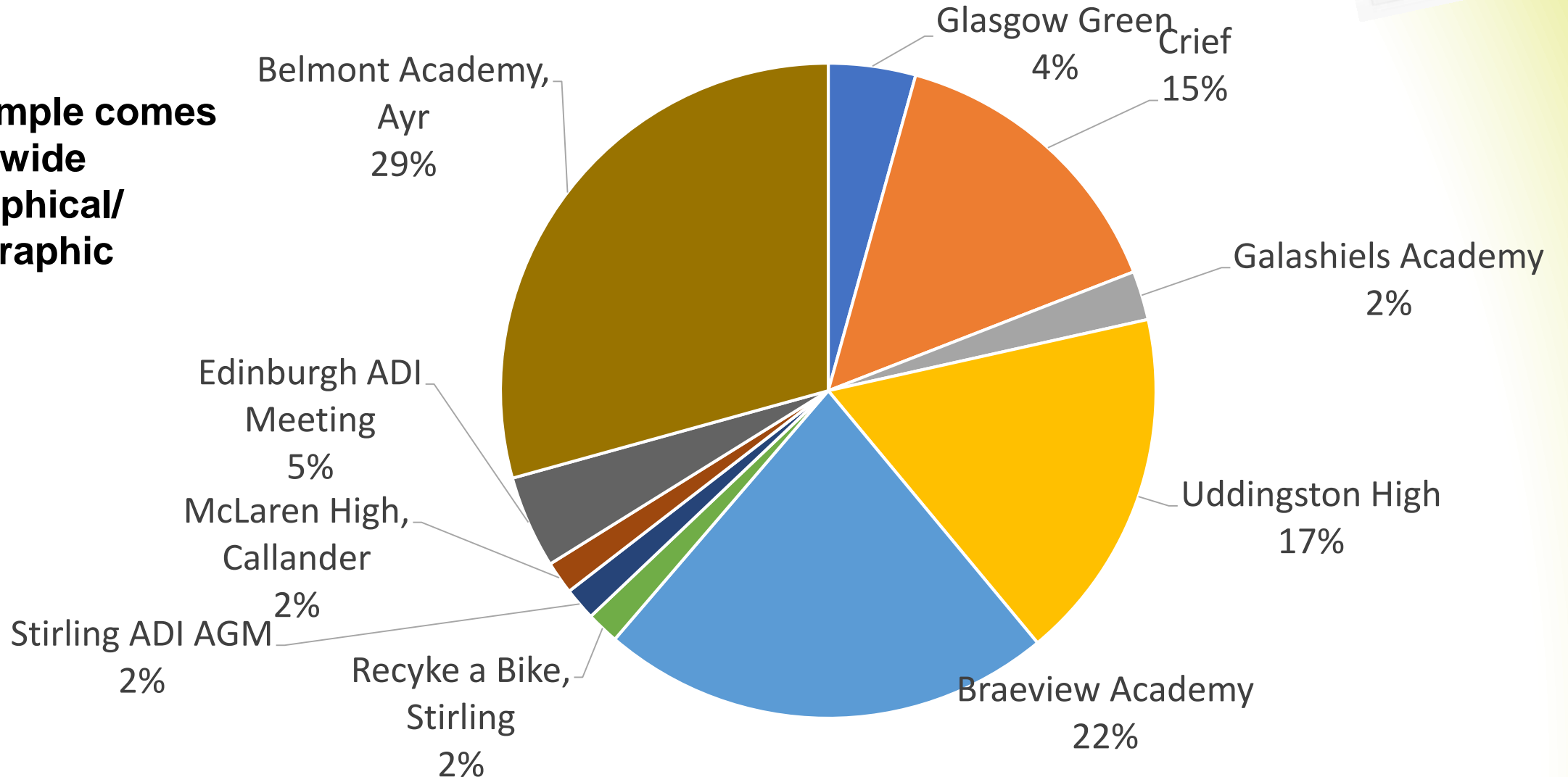
# The participants



# The participants



**The sample comes from a wide geographical/demographic spread**

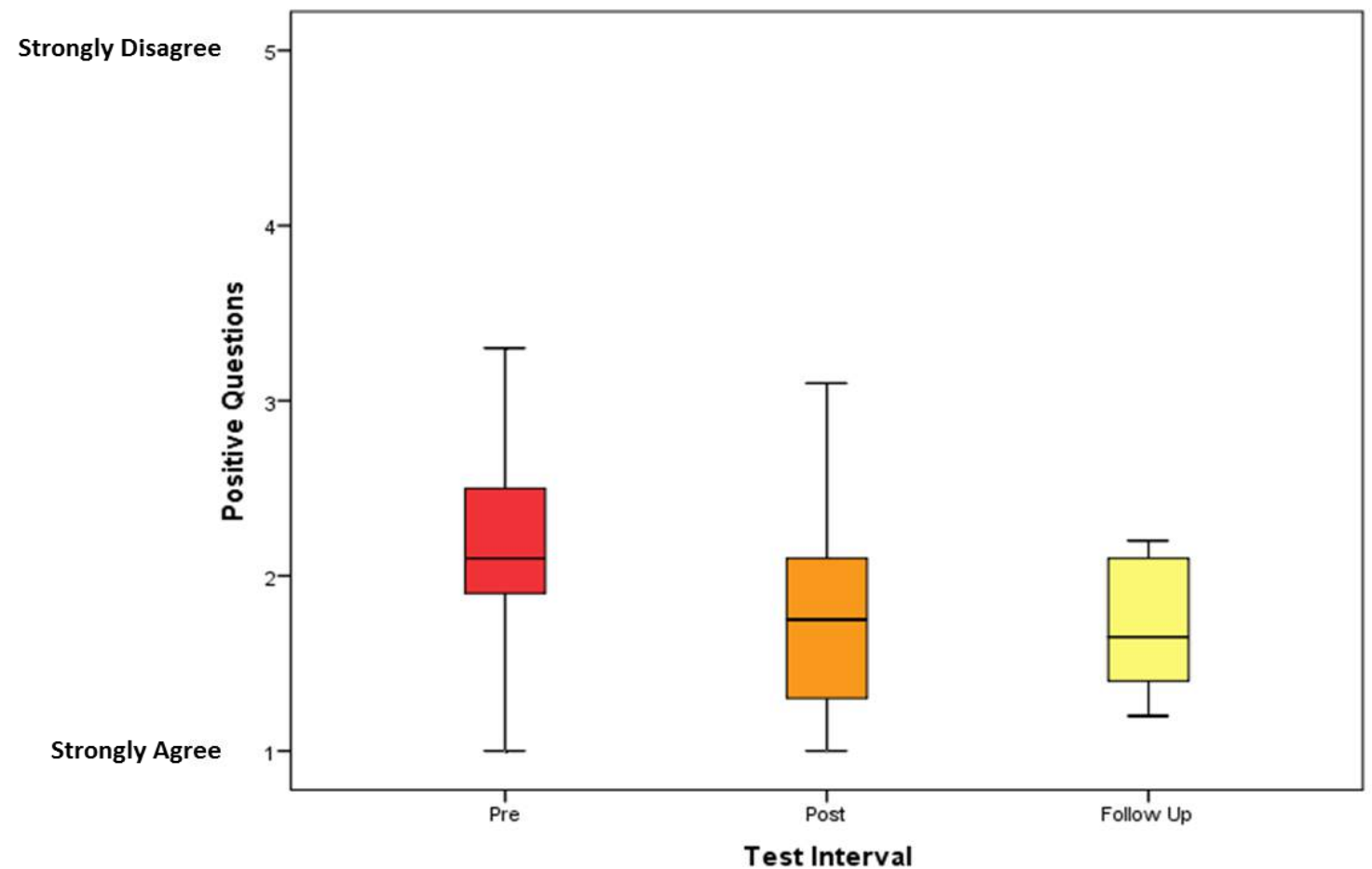




# Evaluation Results



- Increased awareness
- Awareness sustained over time
- No significant gender differences



# Evaluation Results



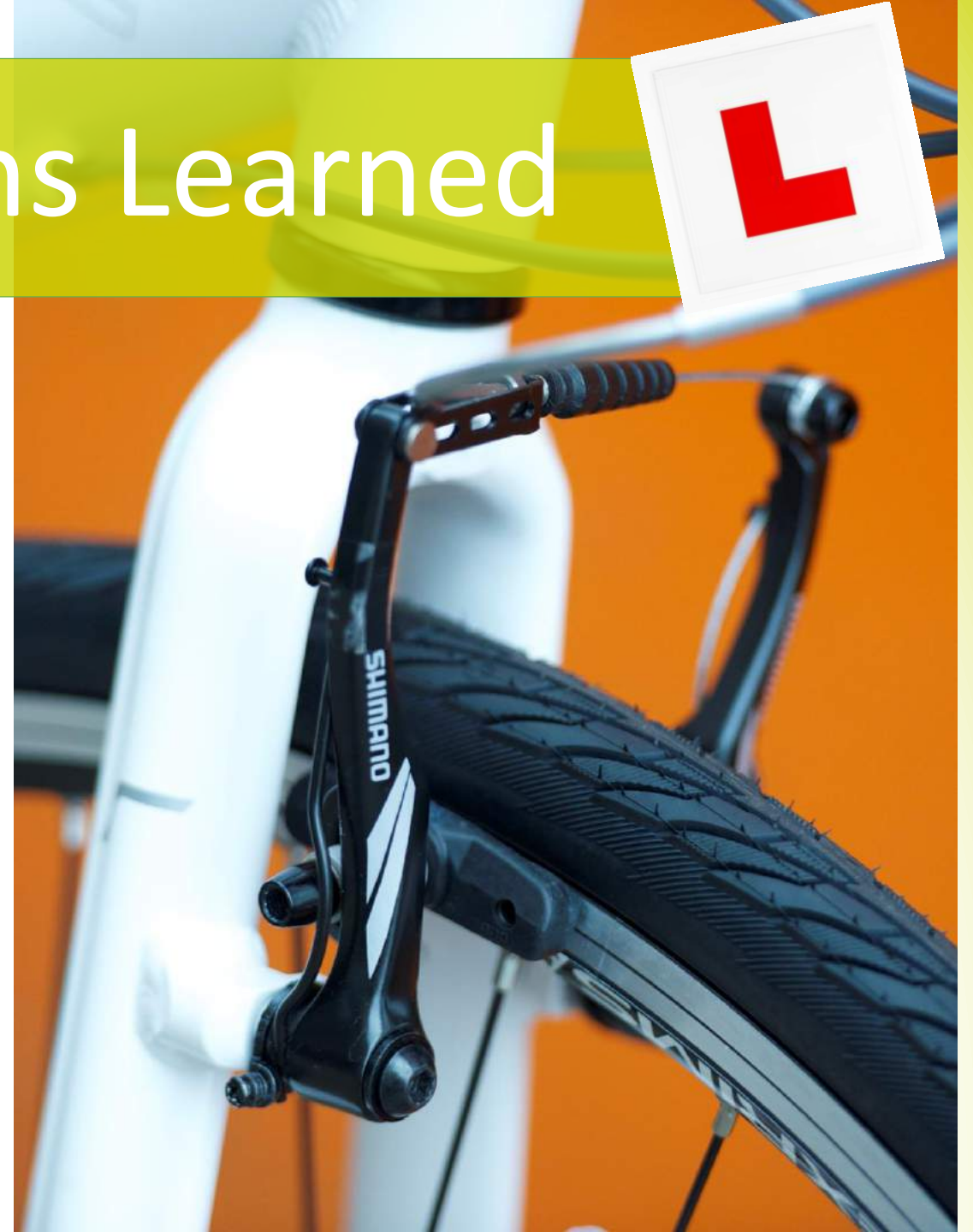
- Participants now agree more strongly with statements like “I would slow down when approaching people cycling
- Participants now disagree more strongly with statement like “If I was driving a car I would get frustrated if someone was cycling in front of me in traffic”
- Increased awareness sustained after a four months period
- Caveats



# Challenges / Lessons Learned



- Recruitment of participants
- Target audience availability
- Evaluation drop out



# Thank you



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CÒMHDHAIL ALBA



**Get in touch:  
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## Practical

# CYCLE AWARENESS TRAINING

FOR FLEET & LEARNER DRIVERS

- ▶ Develop your hazard perception
- ▶ Receive guidance from our expert instructors
- ▶ Attend a half day training course and gain valuable experience of cycling on the road
- ▶ Bicycle and helmet provided



To book a course visit  
[cyclingscot/PCAT](https://cyclingscot/PCAT)

Cycling Scotland

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