

A course to encourage people to stay on the bike.

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There are three main reasons for this course.

1. Elderly people, 65 years and older, have 12 times more chance to have an accident in traffic than the average traffic participant. Also the injuries by elderly people who have an accident are more serious and the recovering time of an accident is longer.
2. About 75 years old 60% of the women stop with biking, 30% of the men do so. They say that they can no longer cope with the intensity of the traffic and complex traffic situations.
3. There are elderly people who have had an accident and are afraid to go on the bike again. They use the course for a restart in biking.

The Fietzersbond in The Netherlands has developed a course for elderly people, who is called 'Save and healthy on the bike'. Because we think it will encourage people to stay on the bike. We are convinced that biking is good for health, it is easy to do shopping, it is nice to go out in nature, you stay mobile.

It is a one day course. From 9 o'clock 'til 16 o'clock there is the following program.

We start with a welcome from the mayor or alderman, who point out how important it is to stay on the bike, and that he or she is glad that there are so many participants and what he or she does for safety in traffic in the local community.

Then there is an interactive program in a powerpoint presentation (laptop and beamer) where participants can show their knowledge about traffic regulations.

The following part is check-up of the bike, is the bike safe (brakes), is the bike ok with the regulations (reflections), fits the bike the biker?





Check up from the eyes and ears of the participant. What about the participant's quickness of reaction.. After coffee break there is the local police-officer who speaks with the group about insecurity, social and in traffic on local level. Alternatives, choose a other (safer) route, choose a safe time to use the bike. Also there are traffic situations who need to be safer. Because the grass on a crossroad is too high you cannot see coming the traffic from left and right. Complain by the authorities will help.



Afterwards is bike-gymnastic for 30 minutes.

After lunch there is an instruction video about how to behave assertive and safe on the bike.

People older than 85 years use this part of the program to do a little sleep.

After this there is action. Bike skills are trained. There is of course the slalom, there is the skill to start the bike and to make a sudden stop. There is the skill to go to left with one hand on the steer, the other hand gives the signal, and the head is turning over the left shoulder.

The integration last part is the tour through the community. Here can the participant show their knowledge and their skills to participated save in traffic.



We conclude with evaluation and award the certifications. They say in the evaluation that the course was interesting, they learned something and feel more secure in traffic. They have fun in together biking. So the course is a start to go every week with seniors on the bike for half a day. The senior bicycle club is born.