

## **Report on training on cycle safety and rules of the road**

**Msongole School**  
**18<sup>th</sup> – 21<sup>st</sup> November 2008**

### **UWABA trainers**

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### **Report**

The training was done for four days. 60 secondary school students were taught for the full four days. They ranged in age from 14 to 18 years, and were all form 1 students. 49 were boys and 11 were girls. 55 primary school students were taught on the last two days. They ranged in age from 10 to 18 years and were in standard 2, 3, 4, 5 and 6. 39 were boys and 16 were girls. The secondary school students were split into two groups. Group A was taken by Filbert Mbecha, Hussein Hamza, Bashiri Rashidi. Group B was taken by Hamad Bwaja, Edgar Paulo, Frank Peter.

The following programme was followed:

#### 1. Five E's

Encouragement, Enforcement, Engineering, Education, Environment. In order to ensure that the students understood these concepts, we gave them opportunity to split into groups and discuss each topic, and we collected their ideas.

#### 2. Parts of the bicycle

After teaching them the different parts of the bike and their functions, we gave them the opportunity to explain this to each other. We drew a bicycle and showed the parts and their functions, and then we wiped it out and each student came up to the board to draw and write a part.

#### 3. Wearing of helmets and reflective jackets and their importance

After teaching them about helmets and reflective jackets, we broke them into groups to discuss the advantages of wearing helmets and reflector jackets and the disadvantages of not wearing and we collected their ideas.

#### 4. Checking your bicycle before setting off

We taught them in the classroom and we went outside the classroom and gave them opportunity to explain the problems with their own bicycles.

5. How to get on bicycle and set off

We explained to the students in the classroom and we went outside to practice.

6. Controlling your bicycle, exercises using cones/buckets, exercise in braking quickly and the “slow” race

We taught the students in the classroom and did the exercises outside, and we took the names of the students who did the best in each exercise.

7. Turning left and right

We explained to the students in the classroom and outside we did practise of turning and showing the hand signals.

8. Road signs, where to cycle, road junctions

We taught in the classroom and we showed them the important road signs for cyclists and some of the others, using the road sign chart we were given by Allan Jones of the Ministry of Infrastructure.

9. Junctions with traffic lights or traffic police

We taught that if there are traffic police cyclists should follow their signals and if there are traffic lights they should follow the traffic lights signals.

10. Practice on real road

We did this teaching in the classroom and then for practice we went to a big road with the students to the junction between the road from Mbalaga and m’mbande. We split them into groups and each group was led by a UWABA trainer. There were six groups – five from the secondary school and one from the primary school. We cooperated with the school teacher Hatibu Hamisi who was at the training of trainers at the National Institute of Transport with us.

At the end of the training the head teacher congratulated the leaders of UWABA. The students filled out feedback evaluation forms of the training. We had a ceremony to give out certificates, 60 helmets and 48 reflective jackets to the students.