

Cycling Skills Training

Teach kids how to travel safely by bicycle

Theme: **Education, Encouragement** • Audience: **Parents, Students** • School Grade: **1-3, 4-8, 9-12**
• Mode: **Cycle** • Issues: **School Culture, Student Skills**

Purpose:

To encourage students to cycle more by giving them the knowledge and skills they need to be able to do so safely and confidently.

Description:

Comprehensive skills-based education session(s) designed to teach bike handling skills as well as knowledge about the rules of the road and safe cycling practices. Sessions are usually led by qualified cycling instructors, working with a group of children to take them through several hours of teaching and coaching.

Whilst school-based activities such as assemblies, classroom presentations or a [Bike Rodeo](#), can provide children with a fun and informative introduction to cycling, a Cycling Skills Training program provides a comprehensive learning experience that gives students both skills and confidence.

A cycling Skills Training program typically covers the following elements within its learning curriculum:

- Bicycle safety check and simple maintenance
- Cycling equipment (well-fitted safety helmet, clothing)
- Bike handling skills (balance, turn, stop, signal)
- Rules of the road and trails (street markings and signs, traffic rules)
- Navigation and route planning
- Road safety hazards

Training should include plenty of time for students to practice their new skills in an off-road setting such as the school parking lot, playground or gym, before then also taking students out to apply what they've learned through well-supervised on-road rides.

If you are also running a [Pedestrian Skills Training](#) program, be sure to consider how it could be delivered in coordination with your Cycling Skills Training to improve efficiency of program delivery.

What you will need:

Bikes and helmets for participants, trained instructors, curriculum (see the Resources section), suitable learning space (gymnasium, school yard, community centre, local park, local streets).

Help:

Local cycling organization/club, teachers, school support staff, volunteers, municipal staff.

Resources:

The [Walking and Wheeling Skills Resource Hub](#) by Green Communities Canada contains many useful resources, including:

- List of existing training programs and providers,
- Lessons learned from existing programs,
- Tools to help scope out a program model and budget,
- Information on potential funding sources, and
- Vetted, transferable curricula to use in your community.