



Let's Ride Schools

Learning to ride is a rite of passage, but learning to ride safely is a skill that children need to be taught. With more than 1.9 million Australian children riding their bikes every week, Cycling Australia ('CA') launched Let's Ride to bridge the gap between riding and riding responsibly.

Let's Ride Schools is a program which empowers schools to become leaders in cycling education by giving teachers the skills and confidence to be cycling instructors. The sessions are designed for up to 8 teachers to undertake the one day (7.5 hours) training course.

Additionally Cycling Australia provides session plans and ongoing support to delivery Let's Ride. Upon the completion of training, schools will be permitted to run all programs as Loyalty programs and will receive one free of charge Loyalty program each term when another is booked for the school

About the Instructor Training

The CA Skills Instructor courses provides participants with an introduction to the basics of teaching cycling, including the planning, implementation, analysis and revision of beginner and intermediate cycling coaching sessions. This is achieved through an understanding and application of the underpinning knowledge of the Cycling Australia coaching accreditation program.

Coaching Course Objectives

At the successful completion of the training course, the coach will be able to:

- ✓ Establish and maintain safe traffic-free and traffic coaching environments for riders and others by applying appropriate risk management
- ✓ Identify and utilise the appropriate components of cycling clothing and equipment that are required for safe and effective participation in traffic-free and traffic coaching sessions
- ✓ Identify the correct skills used to develop beginner to advanced level cycling skills in for traffic-free and traffic environments and analyse and develop a rider's performance
- ✓ Plan, deliver and evaluate safe and effective coaching sessions that meet the demands of safe traffic-free and traffic cycling
- ✓ Be an advocate for safe cycling training
- ✓ Identify appropriate opportunities for cycling participation in the community

Add-On Courses

Cycling Australia also offer a number of **add-on programs** for schools and teachers who are interested in furthering their skills in cycling. These include:

- ✓ Cycling Racing
- ✓ Mountain Bike
- ✓ Ride Leader (Touring and Events)





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Requirements

Previously to the course, individuals have to provide:

- ✓ A currently registered Teacher
- ✓ A recognized First Aid Certificate (The course must be HLTAID003 or HLTAID002 and HLTAID001)
- ✓ Cycling Australia coach membership. Check for options: <http://membership.cycling.org.au/>

* Coaches are accredited for 4 years.

Fees

To run a **Let's Ride School** there are three options:

1: Sporting Schools (SS) Funded

Go to www.sportingschools.com.au and apply for the SS Funding and choose the option "Let's Ride Schools" under the 'Cycling' selection

- ✓ CA will provide an instructor to deliver the course on your preferred date. Upon the completion of training, schools will be permitted to run all programs as Loyalty programs and will receive one free of charge Loyalty program each term when another is booked for the school

2: Self-Funded:

Option 1

- ✓ Skills Instructor Course up to 8 people;

\$ 1500 + GST

Option 2

You can run Let's Ride for 12 months for as many students you wish and we offer:

- ✓ Skills Instructor Course up to 8 people
- ✓ Uniform for coaches/ teachers
- ✓ Teacher Resources (bag with all material you need to run the session)
- ✓ Access to online platform with Session plans (2nd, 3rd and 4th Gear), at home activities, provision of co-curricular activities in Yr. 3/4 (science-based unit) and Yr. 5/6 (humanities-based unit.), Ride for Life resources
- ✓ 3 months free membership for every child that completes the program. The Membership gives them the opportunity to get affiliated to a club and keep the journey going and also insurance

\$ 3000 + GST

