



Cycle Skills Program (Year 4)

All Year 4 students at participating RideScore schools will receive a free Cycle Skills session.

Benefits

Cycling is an essential life skill that every child should learn. The cycle skills course will teach your child the basics of safe cycling as well as how to keep a bike in appropriate working order.

Delivering formal cycling training provides students at a young age with knowledge and skills to increase their safety while travelling to school by bike. The end result will be students more motivated to ride their bikes more frequently with improved traffic awareness to keep them safer.

The Program

The Program consists of a 1.5 hour practical cycle skills session which will cover an *Introduction to Riding* along with *Basic Road Awareness*.

A cycle skills course will be set up on the school grounds for the day and it will include a number of traffic signs (Stop, Give Way etc). Each session will have a games led approach (appropriate for the age of the students) to engage the students while teaching them how to become aware of the traffic around them.

Students will undertake a series of fun & interactive lessons on basic bike handling skills and safe practices for riding. An accredited Cycle Skills coach will supervise each student through the cycle skills course that will be set-up on the school oval. Simulations of different situations they can expect to encounter while riding will be used as teaching examples.

The Cycle Skills Program will be held during class time in a traffic free environment. **Where possible students are encouraged to bring along their own bikes and helmets.** We do however understand this is not always possible, and as such we will provide bikes & helmets for anyone unable to bring their own.

Preparation

Your assistance in preparing your child for this program is also greatly appreciated. There are 2 simple ways you can assist:

- 🚲 Make sure your child has an approved helmet & it fits correctly
- 🚲 Check that the bike is in good working order (e.g. air in the tyres plus brakes & chain in working order).

Find more resources, including points on how to do a bicycle health check at www.ridescore.org.au.