

# Bicycle Education in Schools

## Bicycle Education Unit

The program teaches children the practical skills they need to ride safely on the road, within a safe learning environment. Young cyclists are taken through three training stages including: (a) cycling and simulations (b) pathway cycling (c) on-road cycling. Skills taught include: Wheeling, parking, bike size, helmets, safety check, braking, gear changing, starting positions, figure 8 riding, slow riding, slalom courses.

Simulations in school grounds: Straight line riding, scanning ahead, scanning behind, passing parked cars, riding 1 metre from curve, positioning, riding single file and pairing up, group formation riding, car cues, hook turns, left and right turns, 4 way and T intersections driveway ride outs, road rules.

Shared pathway or cycle path riding: Forming pairs and single file, keeping left, communicating with pedestrians, etiquette. (Only conducted after mastery of above skills)

On road riding: Skills same as covered in simulations activities & only conducted after mastery of skills. Conducted on quiet streets. Low traffic volume. Ratio of 1 adult to 10 students. Skills practiced individually. Not in group rides. Students receive National Bicycle Education certificates at each stage completed.

The Federal Office for Road Safety recommends 15 - 20 hours of Bike Ed. between Grades 3 - 6. The Bicycle Education Unit runs programs of 5 lesson duration conducted over 1 week on consecutive days or on the same day for 5 weeks e.g. Friday afternoons. There are 3 lesson options- 45, 60 or 90 minute. The Bicycle Education Unit is fully equipped and arrives at your school with 30 state of the art, 21 speed unisex mountain bikes, helmets, fluorescent vests and all equipment necessary in conducting sessions. Class room materials, that complement the practical program, are also included.

### Contact details

Contact Chris on 6234 2910 or 6274 1205 or 0407 342 918 or [cmacgregor@bigpond.com](mailto:cmacgregor@bigpond.com) for more information about the course and costs.



## Derwent Valley Road Safety

Runs road safety programs including Bike Ed, Pre-driver Awareness and Road Safety courses in the Derwent Valley. The Bike Ed program caters for primary students with three programs designed to suit the needs of various age groups from Kindergarten to grade 6. This program requires children to bring their own bikes along to the course.

### What is supplied

Work sheets, tools, resources, spare bike helmets, fluoro vests. Simulated bike course and guidance on the correct use of road rules.

### How long is the program?

The Bike Ed Program runs for a period of 2 hours and includes a simulated bike track that is set up in the school and designed so that the children can demonstrate their on road riding skills and knowledge of the road rules.

### Contact details

Maree Pinnell on 6262 2118 or 0427 363 919 or [mareepinnell@yahoo.com.au](mailto:mareepinnell@yahoo.com.au)

