

'Learn to ride event' quick guide



Delivery partner responsibilities

Decide who is going to do what, assign team roles

Give hands-on instruction on how to ride a bike or improve cycling technique

Provide encouragement and show understanding to help learners overcome their barriers to cycling

Learn effective handling and operating of a bike, and best practice on how to cycle safely

Feel confident, reassured and accepted while learning to cycle



Participant takeaways

1



Planning tip

Plan short sessions

Learning to ride can be mentally and physically tiring. Keep sessions short at around 30 mins. Chunks of learning are often more manageable and provide participants lots of opportunities along the way to absorb their achievement while maintaining motivation.



2



Procedure

Greeting

Greet participant, explain the session and "pitch" the Cycling UK survey to collect names and emails.

Bike loans

For learners without a bike, offer them a suitably sized one.

M-checks & safety

Walk participants through an M-check, discuss cycle clothing and general safety when handling and riding a bike.

Tailor the teaching

Ask questions to gauge the level of learning required by each participant and tailor each task to them.

Teaching styles

Teaching styles should include instructing the whole group together, as well as providing individual attention to address bespoke needs.

Manage different abilities

Knowing how to manage different abilities is an integral skill. For example, if abilities of the group are vastly different, instruct advanced learners first to get them going, then spend longer with beginners who will need and benefit from more attention and support.

3



Behaviour change tips

Talk about barriers

Encourage participants to talk about barriers. Listen actively, show interest and ask questions. Talking about barriers can be such a relief and its a positive because the awareness helps the instructor to focus on a solution.

Encourage and reassure

Provide encouragement and reassurance, to help those with limited ability to develop greater self-esteem and confidence to learn to cycle.

Celebrate small victories

Celebrate the small victories participants are making while learning to ride a bike. Learning can feel frustrating if mistakes are constantly occurring, especially the same ones. Celebrating successes along the way keeps the motivation high, builds confidence and increases the sense that they can do it.



Signpost participant

Find out what participants are interested in or would like to know and point them in the right direction:

- Recommend upcoming fix events if a participants bike would benefit from a safety check.
- Suggest upcoming learn to fix events to learn about minor bike repairs.
- Recommend joining a local Cycling UK, Community Cycle Club. A great way to sustain cycling and meet like-minded others.
- Recommend bike rental schemes or recycled bike sales.
- Once they have mastered riding a bike, suggest joining a led ride event. Its a great way to learn local route knowledge.