

'Learn to ride event' quick guide



Delivery Partner Responsibilities

Decide who is going to do what.

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 guidance to safe cycling.

Feel more confident, reassured and accepted when learning to cycle.



Participant Takeaways

1



Planning Tip

Short & Sweet

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



2



Procedure

Bike Loans

Greet participant, explain the session and "pitch" the Cycling UK survey to collect names and emails. Find a bike and helmet that fits for the learners who do not have them.

M-checks & Safety

Walk the participants through m-checks, discuss cycle clothing and general safety on the bike.

Tailor the Teaching

Ask questions to gauge where the participant is with their learning and tailor the tasks to that stage. Teaching individuals should then progress gradually through stages, broken down into easy-to-understand tasks. E.g., starting with scooting or gliding.

Group Work

Sessions will involve a mix of teaching styles 1-to-1 attention from instructors and communication between instructor the group as a whole or sub-groups. It's important to be aware of the need to break up the group.

Manage Different Abilities

Knowing how to manage different abilities is an integral skill. For example, by instructing the stronger learners to cycle around by themselves it allows the instructors to focus more time on those who need more help.

3



Behaviour Change Tips

Say "Hi!"

Proactively greet those "milling around" at the start of a session and ask them questions to create a friendly atmosphere for learning.

Encourage

Help participants feel confident by showering them in encouragement, tell them they "can do it" and reassure them that they are on the right track to learn successfully.

Share Stories

Share personal stories about how you (or others you know) have overcome barriers to learning to ride to help show the participants you know what they are going through. Encouraging learners to share their experiences with the rest of the group will help them connect.



Signpost Participant

During the event, find out what the participant needs next for their cycling and help point them to:

- Upcoming learn to ride events.
- Bike rental schemes or recycled bike sales.
- Once they are confident enough sign post to led rides.