

Cycle training for pool bike schemes

What training is available?

There is a range of training types available, which will vary in their relevance to your scheme. The main types are:

- Maintenance training for pool bike administrators and for scheme users
- Cycle tuition for beginners and improvers
- Ride leader training for group rides
- Mountain bike leader qualifications for running mountain biking excursions.

Maintenance training

A range of bike maintenance training is available to suit the needs of your scheme, as well as for staff who would like to learn more about maintaining their own bikes. The different options are discussed in some depth in the *Maintenance for Pool Bikes Guide*.

Cycle tuition for beginners and improvers

The *Health and Safety for Pool Bike Users Guide* includes a discussion on the advantages of offering optional cycle skill training, as well as a discussion of the potential pitfalls of making training compulsory.



Cycle skill tuition generally follows the National Standard for cycle training, which is divided into levels 1 to 3. The National Standard applies to training for both children and adults, and can be delivered in schools (Bikeability has replaced the former Cycling Proficiency brand in England and an equivalent is shortly to be introduced in Wales). Instructors must be qualified to deliver all three levels of the National Standard, and should be registered with the Cycle Touring Club (CTC).

Cycle tutors may operate independently, or you may wish to contact one via a training organisation such as Cycle Training Wales (see below for contact details). A tutor will be able to discuss with trainees their level of experience. Training sessions can be tailored according to the type of cycling participants would like to do in the future, for example by basing the session on their commute to work, or on particular type of junctions or roundabouts that they would like to develop skills on. Training with adults is ideally carried out on a one-to-one basis.

An outline of the skills covered in level 1 to 3 of the National Standard is included at the end of this guide, and a pro forma for staff to assess their own cycling level is provided at www.activetravelcymru.org.uk/toolkit.

Cycle instructor training

It is unlikely that you will have a member of staff who would have the time to qualify as a cycling instructor and to deliver training and you may find that there is a shortage of cycling instructors in your area. If this is the case, you may be able to signpost people from partner organisations towards instructor training in order to help build up local capacity to deliver cycle tuition. Cycle Training Wales currently offer instructor training courses.

The Welsh Assembly Government has recently provided funding for a project which will develop registered training providers in Wales, and will roll out the Bikeability cycle training brand in Wales (see <http://www.bikeforall.net/news.php?articleshow=486>).



Photograph courtesy of Cycle Training Wales

Ride leader training for group rides

It may be the case that some of your staff use the pool bikes for leisure purposes, and you have a volunteer who would like to qualify to take groups out. Of course if groups of staff are riding in their lunch hour there is nothing to say that they must do so with a qualified person, but having someone with some additional skills to lead a ride may enable them to assist those who are new or returning to cycling.

Cycle Training Wales provide an OCN accredited Off Road Support Rider qualification which is designed for people who would like to take groups out on traffic free routes. This one-day course can be facilitated at a venue of your choice as long as it is located near an appropriate traffic free route for practical sessions, and would require a minimum of approximately eight participants to run. Contact CTW for more information.

Mountain bike leader qualification

The recognised standard for the mountain biking industry is the Scottish Mountain Bike Leader Award. The SMBLA trail leader award is available to those over the age of 18, and requires a basic level of existing mountain biking experience (which must be demonstrated in a log book). More information is available from the SMBLA website (see below) and there are a number of centres run courses across Wales including Ynys Hywel, Llandegla and Coed y Brenin.

This qualification is specifically designed for people to lead rides on mountain trails, and would be excessive for taking groups on traffic free paths (see the OCN Support Rider above).

National Standard Course Content

Level One

Demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip.

1. Carry out a simple bike check
2. Get on and off the bike without help
3. Start off and pedal without help
4. Stop without help
5. Ride along without help for roughly one minute or more
6. Make the bike go where they want
7. Use gears correctly (where cycle has gears)
8. Stop quickly with control
9. Manoeuvre safely to avoid objects
10. Look all around, including behind, without loss of control
11. Signal right and left without loss of control

Level Two

Demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on quiet roads.

1. All level one outcomes
2. Start an on road journey
3. Finish an on road journey
4. Be aware of everything around, including behind, while riding
5. Understand how and when to signal intentions to other road users
6. Understand where to ride on roads being used
7. Pass parked or slower moving vehicles
8. Pass side roads
9. Turn left into a minor road
10. Turn left into a major road
11. Turn right from a minor to a major road
12. Turn right from a major to minor road
13. Explain decisions made while riding, thereby demonstrating understanding of safe riding strategy
14. Demonstrate a basic understanding of the Highway Code, particularly how to interpret road signs

Level Three

Demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on busy roads and using complex junctions and road features.

1. All level one and level two outcomes
2. How to use roundabouts
3. How to use junctions controlled by traffic lights
4. How to use multi-lane roads and turn off and into them
5. An understanding of filtering and an ability to decide when to filter and when to wait
6. How to use both on and off-road cycle facilities
7. Hazard perception and strategy to deal with hazards
8. Understanding of route planning

Useful contact details

Cycle Training Wales: www.cycletrainingwales.org.uk
info@cycletrainingwales.org.uk 02920 222 016 / 07971719626

Cycle Touring Club (CTC): <http://www.ctc.org.uk/>

SMBLA:
http://www.scuonline.org/disciplineinfo.asp?Discipline=15&PageContent=Discipline_Info_SMBLA

Life Cycle: <http://www.lifecycleuk.org.uk/>

If you would like to discuss the information provided here, or any other element of setting up an active travel or pool bike scheme, you can contact:

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The Active Travel Workplace Toolkit has been developed by Sustrans in partnership with the Sports Council for Wales.



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