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## **Syllabus and Schedule for Cycling Course for Families**

### **Registration and bike/helmet checks**

Trainees should allow plenty of time to register and for all bikes and helmets to be checked.

Instructors will ask trainees for information regarding their experience & ability and will put trainees into groups of 4-6, depending on numbers.

### **IN SMALL GROUPS**

1. Cycle control skills – mainly aimed at the children, but a useful refresher for adults. Includes: starting and stopping, gears, emergency stops, looking behind without wobbling and signalling
2. Advice about cycling as a family – mainly aimed at the Mums and Dads. Includes: what to wear and take on a family ride, cycling as a group off road and an introduction to cycling as a family/group on road

### **Topics to be covered in families/groups**

- Bike checks by the trainees
- Starting and stopping – mainly aimed at children
- Gears – aimed at everyone
- Emergency stops
- What to wear
- What to take out on a family ride
- Carrying things on a family ride
- Parking and Locking bikes
- Looking all around, including behind you
- Signalling
- Looking behind and signalling at the same time
- Introduction to Family Rides
- Advice about cycling as a group and a chance to practise off-road or on-road if time allows
- Highway Code for Cyclists

### **COME BACK TOGETHER AS ONE GROUP:**

**Games (if time allows)**

**Review, Feedback and Certificates**