



WELCOME TO LET'S RIDE!

Let's Ride is a national junior riding program developed and delivered by Cycling Australia (CA). It is a fun and interactive learning experience that teaches kids to ride safely by developing their knowledge, skills and confidence – supporting kids in their independence and giving parents peace of mind.

Learning to ride is a rite of passage, but learning to ride *safely* is a skill that children need to be taught. With more than 1.9 million Australian children riding their bikes every week, CA is launching Let's Ride to bridge the gap between riding and *riding responsibly*. The program was developed by CA over a 12-month period and included extensive research with thousands of parents, teachers and children. We also engaged with representatives from state cycling bodies, delivery centres and instructors, other sporting bodies, our agency partners and internal experts.

PROGRAM STRUCTURE

Let's Ride is split into four categories, or 'gears': 1st Gear, 2nd Gear, 3rd Gear and 4th Gear.

1st Gear is online only. 2nd, 3rd, & 4th Gear programs are taught by CA-accredited instructors on school grounds.



From walking to two wheels - FREE

This 'online only' program provides parents with the skills and resources to teach their child the first steps to riding. Research highlighted that teaching this skill is seen as a parent's rite of passage, and is therefore not a currently structured program.



From 8 -10 years

This program focuses on bike control skills, so that kids are given the techniques to enable them to ride more proficiently in a traffic-free environment (park, backyard, around the block, etc.)



From 10-12 years

This program will focus on riding and situational awareness, so that kids are given the competencies to enable them to ride safely in low-traffic environments (shared paths, footpaths, bike paths, quiet streets, etc.)



From 12-15 years

This program focuses on bike control, road safety and riding in groups, so that participants are given the competencies to enable them to ride safely in the community, value active transport as a genuine transport option and consider the possibility of participating in cycling as a sport.

PROGRAM BENEFITS

Upon booking a program you will receive a USB pack with all the content to support you. This enables us to deliver the following important (and fun!) elements of the program:

WHAT CHILDREN/PARENTS GET	HOW IT HELPS THEM
Access to the participant resources full of fun stuff and tools to support learning.	The progression tracker ties in with the weekly at-home activities.
Online access to additional resources to reinforce learning at home.	This includes at-home skills and worksheets which provide an opportunity to further engage participants in safe riding practices.





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Access to the much-loved bike licence.

This licence is mailed to participants following completion of the licence test activity at the end of the program. Kids love it!

THREE MONTH FREE MEMBERSHIP WITH CYCLING AUSTRALIA

The Let's Ride Program is **helping to grow** your students bike riding **knowledge, skills, and confidence**. Now it's time to keep riding and get involved with the cycling club closest to your location. Giving the child the opportunity to follow a fun cycling pathway and lots of exciting benefits such as:

- Opportunity to discover the local area and feel part of it.
- Riding with friends and parents is exciting compared to travelling by car.
- It has also been reported by many teachers that kids who walk or ride a cycle to school are more alert and ready to learn than those arriving by car.
- Good travel habits learned young last for a lifetime
- Opportunity to retain health benefits of cycling

To celebrate this, Cycling Australia offers a complimentary 3 months membership for the club of your choice.

Cycling Australia's membership includes:

- Exclusive Member prices and discounts
- Accredited coaches
- Regular programs for Juniors
- Safe and supportive environment to develop cycling skills
- Likeminded people

PROGRAM REQUIREMENTS

Participants are expected to:

- Have a roadworthy bike and Australian standards helmet
- Be able to ride a bike unaided
- Bring their own bike to school on the morning of the program and store it securely with a bike loc

INFORMATION FOR PARENTS

START/ FINISH TIME: _____

DATE: _____

LOCATION: _____

DELIVERY CENTER/ LET'S RIDE COACH: _____

CONTACT DETAILS: _____

