

Everyone Rides Teacher-Led New Rider Station Leader

Volunteer Position Description

HUB Cycling's goal is to get more people riding bikes, more often. Our Everyone Rides Teacher-led program was designed to get cycling safety instruction into smaller communities, because we believe more cycling means healthier, happier, more connected communities. Interested in joining us to make cycling an attractive choice for everyone? Read on!

You are:

- o Experienced working with school aged children
- o Someone that enjoys having fun while learning new things
- o Available during school hours and loves cycling!

Full description:

New Riders Station Leaders will assist Teachers/District Staff with the delivery of the **Everyone Rides Teacher-Led** bike skills and safety course. It is a playground-based introductory course for grades 3-5 that teaches students how to negotiate different types of road safety situations in a simulated environment, free from traffic and on-school grounds.

The course is provided by local teachers/district staff over 5 days, the first day in class, the remaining 4 days outside on bikes in the school yard. It focuses on increasing cycling skills and building confidence with a fun, hands-on approach to learning.

New Riders Station Leaders are an essential part of the Everyone Rides Teacher-Led program. Working under the direction of the Teacher/District Staff, they will assist with the delivery of the Everyone Rides Teacher-Led course at various elementary schools.

Responsibilities:

- o Working with children at the New Riders station with the guidelines outlined in [HUB Cycling How to Teach New Riders Video](#) Or try <https://youtu.be/uuQeWTcBkSc>
- o Guiding grade 4 and 5 students through the process of learning to balance, brake, turn, and pedal using an interactive approach
- o Ensuring that students are staying on task and staying safe while practicing new skills
- o Creating a fun and exciting learning environment for the students
- o Supporting by helping to unload the bikes, helmets, & other equipment from the trailer, set up the bike safety stations, help fit bikes & helmets for each child in the class, and reload the bikes into the trailer at the end of the lesson(s).
- o Review the attached New Riders Guide, or visit our New Riders step by step instructions [here](#)

Thank you for helping students learn new cycling safety skills, gain confidence, and have fun!

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Hub Guide for New Riders

Intro

This guide outlines the steps to get a New Rider balancing, pedalling, and steering in 7 steps. Remember: Only move on to the next step when you and the learner feel ready!. You can also take a look at our video for more details at: <https://bikehub.ca/new-riders-recources>

1 Teaching Mindset

Your role as a guide

- Share knowledge
- Instill confidence
- Remain patient

Action plan

- Introduce yourself, you can mention your first time learning something.
- Ask the learner what they hope to achieve and what they are nervous about.
- Set realistic expectations. They may not learn to ride by the end of one session but they will make progress.

2 Location

Try to meet as many conditions as possible, but it is fine if you can't meet them all. Use what you have, but always ensure safety.

Ideal

- Calm
- Spacious
- Minimal traffic
- A smooth, paved surface
- On a gentle slope



3 Equipment



Action plan

- Help students to get a bike and a helmet in the appropriate size.
- Adjust the saddle so the students can put their feet flat on the ground when seated.
- Do the 2V2 and ABC quick checks.
- *Optional:* use a balance bike or remove the pedals.

4

Control



Have the students grasp the handlebars and lean the bike side to side, walk with it, and turn it around.

Brake Squeeze Game

Walk beside the bike, fingers on brake levers. Squeeze the brakes to slow down. How far do you squeeze to come to a full stop?



Have the students mount and dismount several times while pressing the brakes.

Keeping fingers on the brakes trains your brain that the hands stop the bike, not the feet. Squeezing the brakes helps to avoid slamming.

5

Balancing

Keep eyes up looking forward



Avoid looking down

Have students gently release the brakes, and push themselves along with both feet at the same time (like a frog-hop), keeping their weight on the saddle.

Challenge them to keep their feet up between hops for as long as they can.

Invite students to use the brakes when:

- Mounting and dismounting.
- Gaining speed.
- Feeling unsafe.

Rolling down a gentle slope here will make balancing easier.



Students are ready to start pedalling when they are able to coast for 10 seconds or more a couple of times.

6

Pedalling



From a standstill, move one pedal to 2 o'clock power position. Push off firmly to get momentum while lifting the other foot off the ground to find the second pedal.



Use the bike like a scooter. With one foot on a pedal in the down position, the other pushes off the ground until it can find the second pedal.



Start moving by hopping. Push both off the ground at the same time to find the pedals.

Hot Lava Game

Pretend a section of the pavement is hot lava. Try to keep your feet off the ground as long as possible with each and both legs.



Resist holding the students' bikes. They need to learn by feeling the balance.

7

Maneuvering

Practice:

- Wide turns
- Riding on narrower paths
- Riding up and down gentle slopes
- Riding in a single-file



Action plan

Thank you for helping students learn new cycling safety skills, gain confidence, and have fun!