

## FREE Cycling Scotland Instructor Training Courses

Cycling Scotland will be coordinating a programme of **FREE** instructor training for cycling. The programme is funded by the Scottish Government with the aim of increasing the number of children cycling to school.

The courses are aimed at School Travel Coordinators, Active School Coordinators, other professionals within Local Authorities and Volunteer Development Groups.

Our courses are mapped to the National Standard for Cycle Training Instructors and also include an element that will allow those trained to cascade training to volunteer trainers on appropriate schemes.

Road Safety Units are the lead agencies in many areas for the co-ordination of the Scottish Cycle Training Scheme (SCTS) and cascading training for this scheme. Training in these areas should be conducted in a co-ordinated way with the local delivery agencies.

## Cycle Trainer

This is a 4-day course aimed at those training both children in on-road cycling skills; from the basics of learning to ride through to cycling on busier roads. Those with the Cycle Skills Trainer qualification would be exempt from day 1 of the 4 days course

For children training is commonly provided at ages 10-11 (Primary 6) through their school.

On-road training can either follow on from cycle skills training given in the playground or be a better substitute for cycle training delivered in the playground.

## Trail Cycle Leader to Cycle Trainer Conversion Course

The TCL to CT conversion course is aimed at Trail Cycle Leaders who may also have an interest in or responsibility for training children in on-road cycling skills.

The course covers the basics of learning to ride through to the skills necessary on busier and more complex roads.

This 2-day conversion course builds on the skills of the TCL award and orientates the instructor to the basic skills and on-road training elements of Cycling Scotland's 4-day Cycle Trainer Course.

Pre-requisite: Applicants for this course should be experienced cyclists and competent in advanced on-road manoeuvres. Candidates will be supplied with a comprehensive pre-course checklist to assess their readiness.

## Course Booking

Courses are being offered on demand and can be arranged at times and locations to suit your needs. For further details about these courses or to arrange a course in your Local Authority please contact:

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