

**What is Bikeability Scotland?**

Bikeability Scotland is the national cycle training programme for school children. It supports the next generation of confident and responsible road users.

**Why do we need volunteers?**

The support of Bikeability Scotland instructors is key to the creation of the next generation of confident and responsible cyclists. Without instructors, many of whom are volunteers, cycle training would be beyond the reach of many primary schools, and pupils would miss out on learning a valuable life skill.

**How to become a volunteer?**

Let the school know that you are interested in volunteering. You don't need to be an expert cyclist to become an instructor - anyone with experience and confidence riding a bicycle can train to be an instructor. There is a 2 half days Bikeability Scotland Instructor course for delivering levels 1 and 2 and anyone delivering Bikeability Scotland in schools, either on a voluntary basis or as part of their school/local authority job, will be able to train as an instructor free of charge.

**Want to help but don’t feel confident on a bike?**

Again, let the school know as helpers are always welcome! Helpers can assist with bike checks, clothing checks, giving feedback to the children and as road monitors when training is being held on roads around the school.

**More information?**

*INSERT SCHOOL SPECIFIC INFO HERE*

<https://www.cyclinghub.scot/course/cycle-training-assistant-scqf-level-5>

<https://www.cycling.scot/bikeability-scotland>

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