



EKE HAUMARU BIKEREADY ROTORUA

Cycle skills training for schools
Handbook

ROTORUA
LAKES COUNCIL
Te Kaunihera o ngā Roto o Rotorua

Cycle skills training: what's involved?

Cycle skills training is age and skill level appropriate. Young people progressively gain the skills and experience they need to confidently ride on the road.

Our Eke Haumaru team are qualified BikeReady Instructors. They will come to your school and teach structured cycle skills training that is appropriate for the age and skill of the class and students in the class..

BikeReady operates by splitting skills into grades. Skills are practices through a series of games, activities and drills. Here is a brief description of the grades and what may be taught in each lesson. Actual course delivery may blend grades as professional instructors use their expertise to tailor delivery to meet class needs.



Grade 1: Preparing for on-road riding



Age group: Year 5+

Where: Training takes place in an environment away from traffic, usually in a school playground or bike track.

What: Grade 1 is designed to encourage and develop basic bike control skills. These are developed through a range of fun games and activities. These skills lay the groundwork for grade 2.

Time involved for learners: 2-5 hours. Usually held in one day, with a break between sessions.

Learning outcomes: A grade 1 session covers how to check and fit a helmet, how to do a basic bike safety check, and bike control skills.

Grade 2: Introduction to on-road riding



Age group: Year 6+

Where: Training takes place on quiet local roads.

What: Grade 2 is designed to give trainees real cycling experience, to build skills and confidence.

Time involved for learners: 7-8 hours. Run over two days. These sessions are typically in the morning as we find this time works best for tamariki.

Learning outcomes: A grade 2 session covers how to see and be seen, communication, road positioning and cooperating with other people on the road.

It should be emphasised that becoming a proficient rider is an ongoing process. Trainees are encouraged to continue to practice and develop their skills with an experienced rider after the session.

FAQ's



Bikes — who provides them for cycle skills training?

We do! Our instructors will bring the bike fleet (and helmets) to your school and set them up each day. Students can bring their own roadworthy bike and approved helmet to school for the training sessions.

Bikes — what types are suitable for cycle skills training?

Bikes must be in a roadworthy condition and meet legal requirements. Instructors will check the safety of each bike. Students take part in the bike check — it's an important skill to learn. BMX bikes are okay.

Helmets and clothing — what do we need to know?

Students need to wear a bicycle helmet when riding a bike. The helmet must be the right size and shape for their head and correctly fitted. It should be standards approved. Students may wear their normal clothes or PE gear. Raincoats are handy. Avoid clothes that get in the way or can be unsafe: long loose skirts, jerseys tied around waists, long laces and baggy trousers. Students MUST wear shoes.

What happens to our school's training session in bad weather?

Check with your instructor the day before if bad weather is forecast. Cycle skills training sessions may still run. Weather days will normally be built in to the timetable the instructor has for your school.

Grade 2 — who can do this course?

Only students who can demonstrate all the core competencies and outcomes for Grade 1 may progress to Grade 2 training. The minimum age for grade 2 is Year 6. If an individual missed Grade 1, there is a chance they could be assessed during the first Grade 2 session, but this would be at the discretion of the instructor.

We have students with special needs. Can they take part in cycle skills training?

Yes, most people can take part in cycle education to the best of their abilities. Teachers should talk to their local provider about students with a disability or health or behavioural needs so that training can be tailored to their strengths.

How to arrange cycle skills training

Contact our team

Contact us if this is your first time having Eke Haumaru/ BikeReady at your school, or you are a teacher new to cycle skills training. We can help you with your planning. You can skip this step if you have booked before.

Planning

Decide which students will take part in which skills training grade and when. Planning can include how each student cohort makes progress over multiple years and ongoing classroom learning. In general, we can only fit a school in once every two years.

Book

Book in the weeks you would like our Eke Haumaru Team to come to your school on our booking calendar. When booking we need to know how many year 5 and 6 classes you have, and how many year 5's and 6's are in each class. We will confirm this slot with you and make adjustments if needed. An average sized school usually needs to book for a 3-4 week block.

Email to book: cycling@rotorualc.nz

Talk to families

Send a letter to families about cycle skills training with consent forms attached. You may want to use the template provided. Send consent forms to us once they are all returned.

Skills training sessions

Our Eke Haumaru team arrives with their fleet of bikes ready to take you cycling. Students take part in the cycle skills training in and around your school grounds. We ask that teachers accompany the groups during training.

Feedback

Students and teachers fill in feedback form provided. This helps us plan for the coming year and keep improving our courses!

Extra for keen beans

Extend with in-class learning on Road Safety and transport, participate in our Ara kē atu Challenge.

Downloadable Forms

[Risk analysis - In school - Grade 1](#)

[Risk analysis - On road - Grade 2](#)

[Risk analysis - Mountain biking](#)

[BikeReady Consent form](#)

[BikeReady feedback survey - Teacher](#)

[BikeReady feedback survey - Student](#)

