

# Bike Education (Bike Ed) Program

## What is it?

Bike Ed:

- Is a program that helps children (grade 4 - 7) develop the skills they need to ride safely and independently on roads and paths.
- Involves a mixture of practical activities conducted off-road (at school) and on-road (on local roads) together with classroom activities.
- Is usually delivered by an accredited Bike Ed Trained staff member or a Bicycle Network Bike Ed assistant.

### Used to Address:

Active Travel, Road Safety Skills, Cycling.

### Active Travel Plan Objective:

Building Capacity, Active Travel Education

## Setting up Bike Ed

### Register

- Each year, Knox City Council provides a \$1,000 Bike Ed grant to two schools each year. The funds are used to cover the training session and CRT costs.
- To be eligible, contact the Transport and Traffic Team at Council (9298 8000) and register.

### Train

- Train up two teachers through Cycling Safe and costs \$330 per person for a full 2 day course. The remainder of the grant can be used to supplement CRT or training for another teacher.

### Schedule

- Schedule Bike Ed in the curriculum. If you are utilising the Bike Ed grant, you will need to deliver Bike Ed at your school within the next 18 months.

### Prepare

- Send a letter to parents to inform them that their child will be participating in Bike Ed.
- Ensure each student has appropriate equipment they can use on the day.
- Prepare class plans utilising the VicRoads 'Bike Ed Instructor's Manual'.

### Educate

- Deliver the Bike Ed program

### Compete

*(Optional)*

- Compete in the Bike It! Challenge where students highlight their bike skills against other schools from the City of Knox and City of Casey.

### Additional Resources:

- VicRoads; 'Bike Ed Instructor's Manual' (\$34.50); Tel: (03) 8391 3255
- Cycling Safe; Bike Ed Training Course [www.cyclingsafe.com.au](http://www.cyclingsafe.com.au)
- Knox City Council; Bike Ed Training Assistance Grant