



Cycle training officer – general notes

What you would be required to do

Working with another trainer, you would go to schools as arranged by a road safety officer.

The courses we run – Bikeability – are delivered over 8 hours. This is split into 2 hour blocks. This is run over 2 days.

Courses are delivered to a maximum of 12 trainees – children of 10 or 11 years of age. And, after 2 hours on the playground, the rest of the course takes place on the local road system (within a 30mph speed limit).

Training usually takes place 10.00am-12.00pm, 1.00-3.00pm, with the trainer needing to be there 30 minutes before and available 30 minutes after for filling in certificates.

Our aim is to book training courses a long way in advance, with at least 3 weeks warning.

Your Training

To deliver Bikeability you need to qualify as a Bikeability. This is a 4 day course which we will run for you. Successful completion of the course is a prerequisite for the final job offer and will be followed by regular support and monitoring.

The course itself is very intensive and quite challenging. It consists of a selection of classroom theory sessions and practical cycling activities. You will effectively be trained to cycle as if you were a student on a Bikeability course, and then given the task of training your fellow trainees to achieve the outcomes of Bikeability.

Some life-long cyclists may find that they have cycling habits that differ from the Bikeability method, and would need to be able to comply with the 'correct' way of cycling. I can confirm, however, that from a road safety perspective all the delivery and instruction within the Bikeability course is sensible and has certainly made me a safer cyclist.





Becoming an Bikeability Instructor would qualify you to teach level 1, 2 and 3 Bikeability. Level 3 is delivered to older children and even to adults, but our main focus is currently the younger trainees.

Workload

Due to the nature of working with schools, there can be no guaranteed number of courses, no guarantee of hours. However, we are expanding our training significantly this year and I would be predicting that your diaries could get as full as you would like them to be, up to a maximum of 2 courses a week, term time. Obviously cycling is weather dependent – especially with children – so the intensity of training increases between late spring and early autumn.

Road Safety

Cyclist training within Suffolk is managed by the Road Safety Team. As members of the Road Safety Team there is an expectation that we practice what we preach. As cyclist trainers there is an expectation that we are advocates and role models for responsible and safer road use.

Young cyclists of today will more than likely become drivers in the future, and a cycling training course will be the first time they have had any advice and guidance about being a road user. It is therefore vital that we set down a good basis for their future road use.

For further information contact

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