Training Adult Cyclists

Jim Riach
Education & Training Manager
Setting the Standard

• UK National Standard for instructors, candidates and schemes – UK CTSB
• Instructor competencies – plan, prepare and deliver – 4-day Cycle Trainer
• Candidate competencies – 3 levels
• Scheme Assessment
• This is the Benchmark supersedes ROSPA guidelines
Scottish Standards and Delivery Group
Diverse

• Active Travel
• Recreational Cycling – Mountain Biking & Cycle Touring
• Cycle Sport
Cycling Scotland

Cycle Training

1
2
3

go-ride

GO MOUNTAIN BIKE
Cycling Scotland

Instructors

Coaches

Trainers

Leaders
Cycle Training

• 1 - Cycle control skills,
• 2 - On-road manoeuvres,
• 3 - More advanced junctions, making journeys
• 81% of trainees cycle more or more confidently now than they did before training.
• The number of people cycling 3-5 miles is up by 79%.
• The number of bike trips people make is up by 144% (from 0.9 to 2.2 trips per week).
• The number of people cycling all year round is up by 40%. 
Commuter Training

- Workplace based – Cycle Friendly Employer
- Usually group sessions
- Refresher training
- Setting up your bike, planning your journey, riding in traffic
Considering Cycling to Work?

- Lunchtime workshop
- Supporting DVD
Benefits

Society
- 39% reduction in all-cause mortality
- £4bn saving in health costs
- Environmental

Individual
- Independence
- Wellbeing
Give me cycle space.

Cycling Scotland
We have created a cycle friendly zone.
96% said the campaign would make them slow down
97% said the campaign would make them give kids more space on the roads
78% of drivers and 80% of parent/drivers said the campaign made them feel more confident about letting their children cycle to school
The Network & Ownership

- 54,000kms Road Network
- 42,000kms Minor
- 84,000 Scottish Path Record
- NCN 3000km
- 35.4% of Households have access
- 67% Higher Income
- 19% Lower Income
Cycling Scotland

Led Cycle Rides
Cycle Ride Leader

- 1 day course
- Pre-planned, risk assessed routes
Wheels for All
Cycling Scotland

Rough Riderz

TALKING TANDEM
moving towards inclusion