

CYCLE TRAINING UK (CTUK)

Instructor training & development

Professional Development Modules

Info Sheet

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overview

'All scheme organisers must ensure that they have a mechanism for monitoring instructor's performance and refreshing training.' The national Adult Cycle Training Guide for organisers and instructors.

As more and more schemes deliver Bikeability training and employ teams of instructors, it is vital that instructor's skills are updated and that the quality of their delivery is maintained. INSET (In Service Training) is a tried and tested mechanism for doing this (it is employed in schools as a continuous learning process for teachers). CTUK Professional Development Modules provide 'refresher training' as well as exploring new topics. The modules have been developed and honed over the years in our own instructor INSET sessions.

Suitable for individual instructors as well as organisations, modules may take place as 'open' sessions at our training centre and also on a bespoke basis where we take the training to the business or organisation.

modules

Mentor Training Day - One day

For National Standard (NS) Instructors

National Standards/Bikeability scheme guidelines highlight the importance of mentoring. This one day course includes refresher skills, mentoring: why? when and who?, feedback/action points and targets and documents the process.

Special Educational Needs - Half day

For NS Instructors or those working in SEN

Instructors will understand where they may encounter people with special educational needs (SEN). They will have an overview of the different types of SEN, understand pre and post course assessment activities, and develop and share good teaching practices (with reference to the National Standard). Note: This INSET does not cover people with special needs that would require specially adapted bikes such as people with physical disabilities and severe visual impairment.

Instructor Maintenance Training - One day

For NS Instructors

Designed to enable instructors to reach the National Standard instructor maintenance requirement, this course involves the M-check technique and outlines what adjustments are required to make a bike roadworthy. This course also covers how to teach the bike check outcome to trainees, as required by the National Standard.

Complete Beginner Refresher - Half day

Open

There are many ways to teach complete beginners to ride a bike. This module explores some basic principles and facilitates the sharing of techniques and ideas.

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Level 3 Refresher - Half day

For NS Instructors

This is a practical on-road session for experienced riders who are keen to enhance their technique and ensure best practice

Learning Through Games - Half day

For NS Instructors

Teaching bike control (Level 1) can be enhanced through using a variety of games. This is a great opportunity for instructors to share ideas and learn some new games in a fun practical session.

Classroom Sessions - Half day

For NS Instructors

Learn how to teach children using classroom lessons that link to the school's curriculum. These lessons can be used on rainy days or to promote cycling prior to a riding course. On this course instructors will be introduced to a variety of materials as well as develop techniques for communicating with young people in a classroom or school assembly.

Maximising Learning - Half day

For NS Instructors

This interactive refresher module will enable experienced instructors to streamline their teaching and help their trainees achieve Bikeability outcomes more quickly and efficiently. The module looks at a variety of teaching methods focusing on making teaching theory exciting, using demonstrations effectively and managing trainee riding time. It also provides a forum for instructors to share techniques and advice on managing groups.

Snaking - Half day

For NS Instructors or Level 3 cyclists

By moving groups of (up to 10) trainees by riding with them from site to site, instructors are able to use a wider variety of teaching locations. Trainees get more riding experience and can enjoy other locations outside their usual cycle orbit. Snaking is a recognised low risk method for moving trainees (who have good Level 1 skills) on road with only two instructors.

Teaching Families - Half day

For NS Instructors

Experienced instructors may wish to teach family groups or train parents to ride with their children. This course explores methods of moving small groups on road and managing a family dynamic.

Ride Leader/Marshal Training - Half day

For NS Instructors or Level 3 cyclists

Training for instructors who wish to move large groups of cyclists on road for leisure, to promote cycling or for large events. They will explore route planning, communicating to a large number of people as well as looking at the technique for mass riding.

Bespoke Training

We provide bespoke training such as devising continuous professional development programmes for organisations.

To book a course please call 0207232 4382



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