



EMPOWERING OUR KIDS TO RIDE SAFELY!



CYCLING AUSTRALIA LAUNCHES **LET'S RIDE** IN SCHOOLS

Let's Ride is a new national junior riding program developed and delivered by Cycling Australia (CA). It is a fun and interactive learning experience that teaches kids to ride safely by developing their knowledge, skills and confidence – supporting kids in their independence and giving parents peace of mind.

Let's Ride is a six-week program, held on school grounds, that can be delivered before, during or after school. The program is delivered by CA-accredited instructors and supported by CA, the Australian Sports Commission and state and territory cycling associations. The Let's Ride program has been innovatively linked to the new national PDHPE curriculum to ensure that your curriculum outcomes are achieved through this program.

The Let's Ride program officially launched in February 2016 and to date, more than 3500 children from have been involved in programs, many using [Sporting Schools Program funding](#) to cover the total cost associated with the delivery of the program.




CA is now seeking more interested schools to host the next round of Let's Ride programs.

KEEPING KIDS SAFE – PROGRAM BACKGROUND

Learning to ride is a rite of passage, but learning to ride *safely* is a skill that children need to be taught. With more than 1.9 million Australian children riding their bikes every week, CA is launching Let's Ride to bridge the gap between riding and *riding responsibly*. The program was developed by CA over a 12-month period and included extensive research with thousands of parents, teachers and children. We also engaged with representatives from state cycling bodies, delivery centres and instructors, other sporting bodies, our agency partners and internal experts.

PROGRAM DELIVERY AND STRUCTURE

Let's Ride is split into three categories, or 'gears': 1st Gear, 2nd Gear and 3rd Gear. 1st Gear is online only. **2nd and 3rd Gear programs are taught by CA-accredited instructors on school grounds.**

 1 ST GEAR	 2 ND GEAR	 3 RD GEAR
From training wheels to 2 wheels This 'online only' program provides parents with the skills and resources to teach their child the first steps to riding. Research highlighted that teaching this skill is seen as a parent's rite of passage, and is therefore not a currently structured program.	From 8 – 10 years This program focuses on bike control skills, so that kids are given the techniques to enable them to ride more proficiently in a traffic-free environment (park, backyard, around the block, etc.)	From 10-12 years This program will focus on riding and situational awareness, so that kids are given the competencies to enable them to ride safely in low-traffic environments (shared paths, footpaths, bike paths, quiet streets, etc.)





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PROGRAM COST

Two options are available to fund the Let's Ride program:

- 1) **DID YOU KNOW?** Schools can choose to apply for funding to run a Let's Ride program from the Australian Sports Commission via the [Sporting Schools Program \(SSP\)](#). The SSP is open to all Australian primary schools and enables schools to apply for funding to host one of 30 different sports for up to 30 children – of the school's choice. Registering and applying only takes three simple steps: 1) Create an account, 2) Register your school, 3) Apply for a Program Delivery Grant. More information is available [here](#). Your local Delivery Centre can also assist with this process.
- 2) **Parents can register and pay for their child to attend the Let's Ride program at www.letsride.com.au.** The cost per child to participate in 6 x 1 hour sessions is \$95.

WHAT YOUR SCHOOL RECEIVES FROM CA

CA understands the valuable role schools play in encouraging healthy lifestyles for their students. For those schools who choose not to, or are not able to, use Sporting Schools funding, CA provides the following incentive options:

- \$240 payment for the use of school facilities, OR
- \$240 voucher for the purchase of bike-related products (through CA); examples include bike racks, helmets or a contribution towards a Let's Ride equipment pack, OR
- FREE registration for three students of the school's choice to attend the program at the school

Let's Ride is also a great opportunity for schools to promote a healthy lifestyle message, tied into road safety and active travel options.

JOIN US IN LAUNCHING LET'S RIDE!

2nd and 3rd Gear are now ready for delivery in your area! CA is looking for great schools to partner with us to host these exciting, innovative and educational junior riding programs. All you need to do is let us run the program at your school and support us in distributing the Let's Ride communication (see below). We take care of the rest.

ALL WE NEED FROM YOUR SCHOOL

For those schools who choose not to, or are not able to, use Sporting Schools funding, we need your help in promoting the program to students and their parents. We know how busy you are, so we have made it as easy as possible for you to share and distribute the program information:





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- **Let's Ride flyers for all students in Years 3 to 6.** We will provide all flyers and we ask for your assistance in distributing these to all students from Years 3 to 6.
- **Insert for your school newsletter.** We will provide a short summary of the Let's Ride program for insertion in your newsletter.
- **Posts for your social media channels.** We will provide content and images for your digital media platforms such as Facebook, Twitter and your school website.
- **A short assembly presentation.** We would appreciate the opportunity to run a brief in-school education session as part of an assembly. This will help children understand what they can expect to learn on the program.

For those schools using the Sporting Schools funding:

We will provide you with an electronic copy of the flyer, and content and images for your newsletter and digital media channels; however, for us to understand how best to promote the program at your school to ensure a successful and positive experience for all participants, it will be helpful to know how you plan to select participants for the program; i.e. will they be hand-selected by the school or will it be first-come, first-served? Your local delivery centre will discuss this with you when and if required.

THE IMPORTANCE OF ONLINE REGISTRATION

Your support in ensuring that all participants are registered online prior to the first session is greatly appreciated. Not only does this allow all participants to be covered by Cycling Australia's insurance, but it enables us to provide participants with the following important (and fun) elements of the program:

WHAT CHILDREN/PARENTS GET

Access to the 'participant pack', full of fun stuff and tools to support learning

Weekly email communications to inform and engage parents

Access to additional resources to reinforce learning at home

Access to the much-loved bike licence

HOW IT HELPS THEM

The pack includes a progression tracker that ties in with the weekly at-home activities, bike decal stickers and a cycling cap.

Parents receive a weekly email update that provides an overview of the skills their child has learnt that week.

This includes at-home skills and worksheets which provide an opportunity to further engage participants in safe riding practices.

This 'licence' is mailed directly to participants following completion of the licence test activity at the end of the program. Kids love it!

LET'S RIDE TOGETHER!

We would love the opportunity to deliver Let's Ride at your school. If you are interested in hosting a program, please contact info@letsride.com.au. If you would like to deliver the program yourself, we also have the option for teachers to purchase a Let's Ride Delivery Kit, including all required resources and content.

