

VOLUNTEER GUIDE

Thank you for helping us teach our students how to ride! You aren't just teaching them how to pedal safely, but giving them the freedom to explore under their own power. The lesson will last approximately 60 minutes. We ask that you arrive 20 minutes early to prepare for the class.

If a bicycle will not be provided by the school, please bring your own so that you can demonstrate skills to students.

You will be assigned to one of three courses:

1 Learner's Course

Here you will help take students through the basics of riding a bicycle. These students will be new to riding. We break it down into focusing on three core skills:



Braking

Slowing down and stopping



Balancing

Riding on two wheels



Pedaling

Moving under your own power

As the students learn each of the skills, walk around the group answering questions and demonstrating to students where necessary. Here are a few tips:

- It is important to avoid holding students' seats and handlebars. They will learn best if you show them how it is done on your bike, then let them try it on their own.
- Remind students to look forward, not down at their feet. Their bike will naturally go where they are looking, so this will help them maintain a straight line while riding.
- As scary as it may seem, remind students that the faster they go, the easier it is to balance.
- If a student is working really hard and not getting it, take a break and tell them they're doing a great job!
- If students complain about their hands being tired, remind them to relax their grip.

2 Group Ride

Here you will lead those students who are waiting for their turn on the Skills Course on a ride around the outside of the lesson area. When starting out, remind the students to maintain 1-2 bike lengths between them. Periodically, you will call out skills like “stopping” or “left turn/ right turn” for the students to practice. The instructor leading the class will brief you on the particular skills that you should be calling out based on the particular lesson.

3 Skills Course

This is the core of the lesson. Here you will help the PE teacher guide students through an obstacle course as they practice key skills. Depending on the lesson, you may be asked to:

- Space students out as they enter the Course.
- Act as a pedestrian at a simulated crosswalk, randomly crossing in front of students so they can practice yielding or stopping.
- Stand on a particular part of the course and hold up a random number of fingers for students to identify over their shoulder. This simulates “scanning” over their shoulder for traffic coming from behind.

Have fun!

You are giving kids the freedom
to explore their world
under their own power.