

# cyclist skills training

NEWSLETTER NO. 3



April 2009

*The vision for cyclist training is:*

**a New Zealand where everyone has the opportunity to become a confident and capable cyclist**

Welcome! This is the third of a series of newsletters to update you on the development of the New Zealand cyclist skills training guidelines.

The guidelines aim to provide a consistent 'best practice' approach to the delivery of cyclist training in New Zealand. The guidelines cater for a range of trainees and suit both school and adult training environments. They also include a number of outcomes to ensure that demonstrated ability is achieved at each level.

## 2009 trials

A trial of the New Zealand cyclist skills training guidelines is planned for 2009. There has been interest from many cyclist training organisations (CTOs) across New Zealand to participate in the trial. The trial seeks CTOs who are capable of trialling both Level 1 and Level 2. Level 3 may also be trialled by CTOs that are in a position to do so.

The expectation is that CTOs involved will trial one group of up to 30 trainees using the NZ guidelines. It is anticipated that the first part of the year will be a period of adaption, with the formal trial commencing in the latter part of the year.

CTOs involved in the trial will be required to:

- trial the NZ guidelines and provide feedback on their use and adaptability to the NZ context, and
- undertake an evaluation component to assess the outcomes of the trial.

It is expected that the trial information will be fully available in May 2009.

## Updates from CTOs

### CHRISTCHURCH CITY COUNCIL CYCLESAFE

Christchurch City Council Cyclesafe is now fully operating with the NZ cyclist skills guidelines. Students participating in the programme complete Level 1 and 2 as per the national standard. The Cyclesafe team spent the last two terms of 2008 piloting the guidelines in schools and revising their own lesson plans, resources and training new instructors. Throughout 2009 the team will be consolidating and 'ironing out' the last few timing issues they have had with increased on-road training. Feedback from teachers has been positive. To obtain a clearer picture, statistics are currently being compiled based on evaluations from parents and children evaluations.

### NORTH SHORE CITY COUNCIL

North Shore City Council (NSCC) is teaming up with Big Foot Adventures to participate in the trial programme. They are planning on trialling Levels 1, 2 and eventually also Level 3. Initially they plan to undertake the training with students from two intermediate schools who already cycle to school, or cycle regularly.

### NEW PLYMOUTH DISTRICT COUNCIL

New Plymouth District Council (NPDC) is gearing up to undertake Level 1 and Level 2 training, targeting schools in New Plymouth.

'At the very mention of cyclist skills training the response from local schools has been an overwhelming - Yes please!'



Although the programme is only in its infancy and will take time to become fully developed, NPDC has decided to begin cyclist skills delivery in a number of pilot schools. NPDC are in the fortunate position of having very professional and experienced cyclist skills trainers motivated to educate the kids and recognition of the importance of cyclist skills by the schools. They have received invaluable support and encouragement from other councils already engaged in their own programmes and from transportation consultants at the forefront of travel demand management.

## GREATER WELLINGTON REGIONAL COUNCIL

Greater Wellington Regional Council (GWRC), with COG Cycling have successfully completed Level 1 training, targeting 38 primary school children. The courses ran in two halves on two consecutive Thursdays during school hours.

Funding and organisation was through GWRC, while the preparation and running of the courses was carried out by COG Cycling. The children all received certificates on completion of the course and the word out is that everyone loved it.

GWRC and the primary school are now keen to implement a Level 2 course for the 10-year-old cyclists in Term 2 and further Level 1 cyclist training.

## HAMILTON CITY COUNCIL

Hamilton City Council (HCC) is in the process of developing a cyclist skills training programme with the intention of undertaking cyclist training in Hamilton alongside other key stakeholders in Hamilton city. It is intended that development of the programme will be in line with the national guidelines (teaching Level 1 and Level 2) and target year 7 and 8 Hamilton city school children.

# CAN instructor training

CAN ran a three-day workshop in December 2009 for cyclist training instructors. Trainers included Tabitha Langford, Marilyn Northcote and Patrick Morgan. For further information check out: <http://can.org.nz/cycle-training>



# Update on traffic management plans

Whether or not traffic management plans (TMP) are required when undertaking cyclist skills training has been a common query, and one that has generated much discussion.

The current consensus is that delivering cyclist training on the road as recommended is done with a small number of trainees. The instructor and trainees in this situation are considered to be normal road users and are not affecting the normal operating conditions of a road so a TMP is not required.

However, it is still recommended to advise the local road controlling authority that cyclist skills training will be occurring. If an event is organised (such as a group ride) then a TMP may be required, and the CTO should consult the local road controlling authority.

## Bike code

A review of existing cycle education material is being undertaken with the recommendation that two documents are developed:

- The bike code: A guide to starting cycling
- The bike code: Resources to aid children's knowledge of cycling

These resources will incorporate material from existing documents as well as updating and refining where necessary.

Gerry Dance (NZTA) and Jennie Gianotti (NZTA Education Manager) are responsible for this project. They will be working in consultation with members of the Cyclist Training Advisory Group in the development of these resources.

## Instructor online survey

A survey of cyclist training organisations and instructors will be sent out in May 2009. The purpose of this survey is to assess the current levels of experience in cyclist skills training and to update our records of current cyclist training courses offered in New Zealand.

The online survey will be distributed via email using our existing cyclist skills training database. If you know of others that wish to be added to the database, please contact Rachel Algar.

# Accreditation process

During 2008, an investigation into accreditation options for instructors was undertaken following a desire by cyclist training organisations to have an accreditation path. The report concluded that a training and accreditation process is an important part of the development of an effective cyclist skills training programme.

The NZTA is currently investigating an appropriate accreditation system for instructors. The intention is to progress the standards and accreditation process as quickly as possible so that all existing and new instructors have some certification and accreditation to undertake the delivery of NZ cyclist skills training programmes.



# Guidelines – version 3

Version 3 of the guidelines is expected to be released in July 2009. This version will update sections such as traffic management plans. Version 3 will include amendments based on comments received at the instructor training workshop and from others who have provided feedback.

# Sharing of resources

A number of sample templates to accompany the guidelines are also being updated and will be available in July separately on the NZTA website. These will include: course information forms, risk management, course session plans, evaluation forms and sample certificates.



## For more information

Visit the NZ Transport Agency website: at [www.nzta.govt.nz](http://www.nzta.govt.nz) or contact Gerry Dance, Acting Principal Policy Advisor (Walking & Cycling), NZ Transport Agency, phone 04 894 6362, email [Gerry.Dance@nzta.govt.nz](mailto:Gerry.Dance@nzta.govt.nz) or contact Rachel Algar, NZ Cyclist Skills Training Project Manager, Opus International Consultants Ltd, phone 07 834 1827, email [Rachel.Algar@opus.co.nz](mailto:Rachel.Algar@opus.co.nz).

Feedback welcome. Send responses to [cyclisttraining@nzta.govt.nz](mailto:cyclisttraining@nzta.govt.nz).