

Suffolk Young Cyclists Training Course

How the course works...

How We Can Work Together

The Suffolk Young Cyclists Training Course annually trains and assesses over 2500 Primary and Middle school pupils aged 9-11. Road safety officers develop the skills and knowledge of parents and teachers as instructors for on-road cycling courses. Parents and teachers then train their children to develop safe cycling skills and good road user habits.

Our Objectives are to Teach Young Cyclists

- How to ride safely on the road, coping with real traffic situations.
- To recognise and anticipate potential hazards and take appropriate action.
- To understand the behaviour of other road users and how it affects them as cyclists.
- The benefits of protective and high-visibility clothing.
- The needs and vulnerability of pedestrians particularly on shared-use facilities.

What We Do

- Look at the training environment to assess its suitability.
- Supply all course materials including a pre-course booklet to parents.
- Train teachers and parents to become skilled, confident and able instructors.
- Supervise and support instructors in each of the six lessons for at least the first course.
- Provide insurance for running the scheme.

What the School Does

- Nominate a teacher to liaise with the instructors and oversee the course.
- Encourage parents to volunteer to become instructors, preferably for more than one year.
- Distribute information to parents whose children are likely to take part.
- Provide in-school work to support the scheme.

The Suffolk Young Cyclists Training Course is the only basic training scheme that trains young cyclists on the road under realistic conditions.



Suffolk Young Cyclists Training Course Contacts:

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