



## CYCLING IRELAND

### Organisation Logo



### Contact Details – Schools Development

Name: Lawrence Salonen (Programmes Officer)

Email: [programmes@cyclingsireland.ie](mailto:programmes@cyclingsireland.ie)

Phone: 353 86 771 0712

Website: [www.cyclingsireland.ie](http://www.cyclingsireland.ie)

### PRIMARY Schools - Programmes and Resources

**Sprocket Rocket Youth Cycling Skills Programme** - This programme was launched by Cycling Ireland in 2010. It aims to provide pupils (5-11 years) with the fundamental skills of cycling in order for them to become competent and confident cyclists. The programme can be run in an area of similar size to a basketball/tennis court and on tarmac or grass over a period of 8 weeks. The programme can also be adapted for any child who has coordination skills, or special needs. It is particularly useful when working with children with dyspraxia or cerebral palsy. <http://www.cyclingsireland.ie/page/programmes/sprocket-rocket1>

**Sprocket Rocket Instructor Course (can be adapted for disability inclusion)** – Open to anyone interested in delivering Sprocket Rocket – no prior coaching or cycling experience needed. One day course (10am – 4.30pm) which is a mix of theory and practical. Cost €30

**Gearing Up Off Road** – This is a beginner’s cycling programme which deals with the specific skills required for cycling in an off road environment (mountain biking). Suitable for anyone over the age of 11. It is particularly suitable for active schools weeks, or similar activities.

For more information <http://www.cyclingsireland.ie/page/programmes/gearing-up-off-road1>

**Gearing Up Off-Road Instructor Course** -Two days course (9am – 5pm). Participants must complete Level One Coaching Course or TCL (Trail Cycle Leader) course prior to this. Cost €120

Cycling Ireland also offer a number of coaching courses including Foundation Level, Level One, Trail Cycle Leader and MBLA (Mountain Bike Leader Award). For more information see <http://www.cyclingireland.ie/page/coach-lead/coaching-education/coaching-awards>

#### **Programmes and Resources – Post Primary Schools**

**Gearing Up Off Road** – This is a beginner’s cycling programme which deals with the specific skills required for cycling in an off road environment (mountain biking). Suitable for anyone over the age of 11. It is particularly suitable for active schools weeks, or similar activities.

For more information <http://www.cyclingireland.ie/page/programmes/gearing-up-off-road1>

**Gearing Up Off-Road Instructor Course** -Two days course (9am – 5pm). Participants must complete Level One Coaching Course or TCL (Trail Cycle Leader) course prior to this. Cost €120

#### **Bike for Life**

Bike for Life is a beginner's cycling programme for those aged 16+, in which a cyclist is brought through the various skills and techniques involved in cycling over an 8-10 week period. Topics covered include preparing for a bike ride (what to bring, what to wear), riding safely on the road, riding as a group, bike handling skills, nutrition and hydration, basic bike maintenance and training for your riding goals.

For more information <http://www.cyclingireland.ie/page/programmes/bike-for-life1>

#### **Bike for Life Leader / Instructor Course**

To become a Bike for Life leader you must complete a one day Ride Leader training course. This qualifies you to facilitate led rides for groups of cyclists and deliver the Bike for Life programme at Level 1. Cost €50

Cycling Ireland also offer a number of coaching courses including Foundation Level, Level One, Trail Cycle Leader and MBLA (Mountain Bike Leader Award). For more information see <http://www.cyclingireland.ie/page/coach-lead/coaching-education/coaching-awards>