



# iRide School Program

Do you wish to see more youth take up bicycling,  
riding safely with friends and building fitness?

Welcome to iRide. iRide is Cycling BC’s program designed to inspire young riders, and connect school and youth cycling groups across the province.

As BC’s Provincial Cycling Organization, we encourage health and sport through cycling, and with iRide we provide opportunities for young people to experience cycling in safe and fun settings.

***“iRide is the best teaching biking thing in the world”***

Wyatt, Grade 3, Mt. Lehman Elementary

iRide is a professionally coached program designed to spark student interest, develop skills and ignite a lifelong passion for cycling. Our team of nationally accredited coaches help students build enthusiasm, skills and confidence.

iRide is available in two styles, iRide School and iRide Community. iRide school programs include 3-day in-school events and ½-day field trips. Both programs focus on introductory and intermediate basic cycling skills and provide bicycles and helmets. iRide Community programs are designed to further develop skills, meet new friends, build self-esteem and have fun on bicycles. Participants can enrol in a neighbourhood-based iRide Cycling Group for 4-12 weeks or explore cycling’s many disciplines during a 5-day iRide Summer Camp.

iRide is FREE ONCE FOR ANY SCHOOL. Cycling BC fully subsidizes a school’s first 3-day program to introduce school participants to a fun

cycling experience and build momentum in the community.

The iRide program is recognized under the Ministry of Education’s Prescribed Learning Outcomes. Each iRide program is flexible and tailored to meet the cognitive, emotional and physical needs of the participants. Our curriculum is developed for grades 3 to 10, and can be tailored for different skill levels.

iRide In-School is designed for four to six classes, typically 120-180 participants. Each class receives three 45-60 minute sessions over three days. Participants learn bicycle safety, cycling technique and skills through fun and challenging games.

#### iRide In-School Program Cost

Year 1:	Free
Year 2:	\$1.67 / student / day
Year 3:	\$3.33 / student / day

# For The Love of Cycling



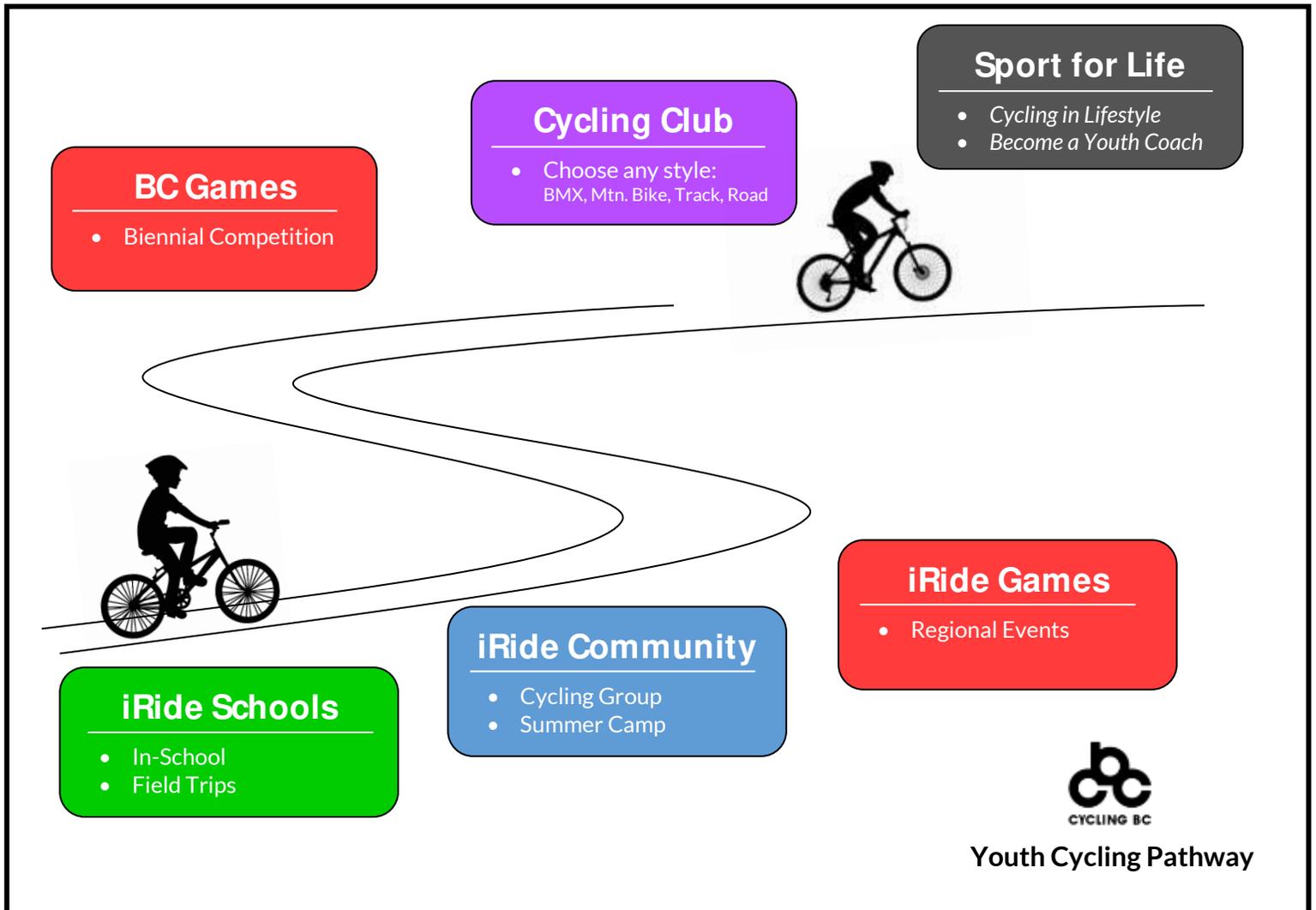


# Youth Cycling Pathway

CREATING OPPORTUNITIES FROM GRADE 3+

Cycling BC's iRide program starts a pathway for youth development in cycling across the province.

The Youth Cycling Pathway begins with introductory **iRide School** events: **In-School** and **Field Trips**. The next level is **iRide Community**, comprising of extra-curricular **iRide Cycling Groups** and **iRide Summer Camps**. These programs are currently available across the province. The final segment of the pathway introduces participants to entry-level competitions and local cycling clubs through the **iRide Games** and the **BC Games**. The Youth Cycling Pathway is designed to **help grow existing youth clubs** and create new groups **across the province**.





# Coaching Styles

## ACTIVE LEARNING

For participants to grow and develop their full potential, they need effective learning environments. Research shows that active participation speeds and deepens learning. Hence, the iRide program uses engaging and interactive exercises that spur participation and accelerate learning.

## LEARNING STYLES

The iRide program accommodates four types of learning:

- Auditory – by listening to instruction
- Visual – by seeing pictures and by watching live actions
- Tactile – through hands-on instruction
- Kinaesthetic – through active practice of new skills in a safe arena

## GROWTH AND DEVELOPMENT

Participants grow and develop at different times and stages. The iRide program takes into consideration such variables, and offers activities tailored to the individual's physical, emotional and cognitive needs. Participants of the same age may have different levels of cognitive or physical skills and be at different stages of emotional growth. For these reasons, the iRide program is flexible and creative in its delivery to meet the needs of each learner.

## COACHING TECHNIQUE

A lasting and enjoyable learning experience for participants begins with skilled coaches. Only Nationally Certified Coaching Program graduates are eligible to teach iRide programs, and each new iRide coach completes an apprenticeship with experienced iRide head coaches. This way our coaches understand how to best share their cycling expertise with all four types of learner: auditory, visual, tactile and kinaesthetic. Our coaching team includes aspiring youth racers, professional coaches with cycling accolades and passionate parents trained to coach. As a result, our dynamic team brings a wealth of knowledge and energy to the sessions, creating fun and memorable experiences.

Interested in becoming an iRide coach? Contact us to discuss your options.





# iRide Bookings

## iRIDE IN-SCHOOL CURRICULUM

The iRide program teaches a total of 10 basic and 3 intermediate\* riding skills in accordance with the NCCP Basic Cycling Skills certification course. Our sessions are conducted within the safe confines of a traffic-free environment, utilizing school grounds, local parks, pump tracks, BMX and track cycling facilities and local trails.

Ride Skills	
<ul style="list-style-type: none"> <li>Starting &amp; Braking</li> <li>Straight-Line Riding</li> <li>Scanning &amp; Signalling</li> <li>Low-Speed Turns</li> <li>Medium-Speed Turns</li> <li>Ready Position &amp; Limbo</li> <li>Front Wheel Lift</li> </ul>	<ul style="list-style-type: none"> <li>Dismount &amp; Remount</li> <li>Bumping &amp; Buzzing</li> <li>Gearing &amp; Cadence</li> <li>Riding up variable terrain*</li> <li>Riding down variable terrain*</li> <li>Riding off a curb or drop-off*</li> </ul>

These skills are taught at all iRide event styles. Coaches tailor the focus of each session to the age and ability level of their participants. Each session often focuses on 1-2 skills and uses courses, bicycle rides within school grounds and fun games to help participants pattern a new skill.

The iRide program also offers a skill level chart to help teachers and parents better understand a new rider's skill progression. In-school sessions require a minimum of Level 1 skill to participate\* and riders often graduate to Level 3 or 4 during a 3-day in-school program.

Level	Minimum Ability	Typical Age	Accessible Events
1	Can ride a 2-wheeled bike, loves riding a bicycle!	6 - 10 yrs.	In-School
2	Start & stop quickly, stand & coast, tap head while riding	7 - 10 yrs.	In-School
3	Can turn quickly, scan and ride straight, skid back wheel, ride off curb	8 - 11 yrs.	In-School, Cycling Groups
4	Can ride basic stunts / obstacles, skilled at short-medium uphill	9 - 12 yrs.	Field Trips, Camps + All Above
5	Can ride intermediate stunts, skilled at turning, dismounting, gears	10 - 13 yrs.	iRide Games + All Above
Club	Can ride variable terrain, variable conditions, comfortable riding close	11 - 17 yrs.	BC Youth Provincials

\*iRide is focused on helping participants who already know how to ride a 2-wheel bicycle. However, students who cannot ride a bike can still participate given supervision from school teachers while they practice basic riding on the first day. These students often join an iRide in-school group in subsequent days, giving all students the chance at a memorable experience.

## School Requirements

To date 20,000 students across British Columbia have experienced iRide In-School, proving widespread interest in nurturing youth cycling in our province. A program of iRide's nature takes capital and commitment, starting with much appreciated private funding to Cycling BC specifically for iRide, and extending to the coaches and staff that drive the iRide program. To balance this commitment, we are reaching out to BC teachers and principals seeking to enhance their school's curriculum with cycling opportunities over the next several years. In short, we are willing to subsidize your school, provided you are willing to verbally commit to a 3 year program. Please see the examples below regarding costs for iRide In-School.

iRide In-School costs approximately \$10 per student. In the 1<sup>st</sup> year for a given school, Cycling BC covers 100% of this cost. In the 2<sup>nd</sup> year, iRide covers 50% and the school \$1.67 per student per day\*. In subsequent years, the school pays approximately \$3.33 per student per day\*. This progression targets affordability for your school while helping more British Columbia schools experience iRide\*\*.

<b><u>Full School Participation: 4 – 6 Classes</u></b>							
Type	Year	Length	# of Session	# of Student	Minimum Grade	School Cost	Breakdown \$ / student / day est. 150 students
iRide	1 <sup>st</sup> Year	3 Days	3 / class	100-180	Gr.3	FREE	\$0
iRide	2 <sup>nd</sup> Year	"	"	"	"	\$750	\$1.67
iRide	3 <sup>rd</sup> Year & Beyond	"	"	"	"	\$1500	\$3.33

<b><u>Partial Participation: 1 – 3 Classes</u></b>						
Type	Year	Length	# of Session	# of Student	Minimum Grade	School Cost \$ / student / day
iRide	1 <sup>st</sup> Year	3 Days	3 / class	30 - 90	Gr.3	\$0
iRide	2 <sup>nd</sup> Year	"	"	"	"	\$2.50
iRide	3 <sup>rd</sup> Year & Beyond	"	"	"	"	\$5

Each school is to designate an iRide champion, whose responsibilities include:

- Enrol a minimum of 4 classes and reserve adequate field space
- Circulate the iRide take-home package to all parents four weeks before Day 1.
- Ensure our iRide coaches have everything they need during their visit.

\*Estimates are based on 150 student participants (5 classes). A flat rate is used for schools with 4 to 6 classes.

\*\*Each year, iRide visits a portion of under-funded schools, given adequate donations and participating schools. If your school is unable to participate in iRide due to financial constraints, please contact us to explore your options.

## Request iRide In-School

iRide In-School is available throughout the school year. The most popular periods are from September to November and March to June, when sessions can be held outdoors. Indoor sessions are also possible, given suitable gymnasium space at your school.

We ask that your school designate an iRide Champion, whether a teacher, administrator, parent volunteer, or other person, who the iRide team can work with on a given event.

To request a time, first review our availability in your area. Find the calendar specific to your location in the table below. To request a program, then click the 'Book iRide In-School' button below the table, and fill-in and submit the form that appears. Alternatively, please email the iRide coach in your area.

<u>CHOOSE YOUR EVENT DATE</u>			
Area	BC Games Zone	School District	Calendar
Columbia - Kootenay	1	5 6 8 20	<a href="#">Link</a>
Okanagan	2	22 23 67	<a href="#">Link</a>
Fraser Valley	3	33 34 35 42 75 78	<a href="#">Link</a>
Greater Vancouver	4	36 37 40 41 43	
Vancouver - Sea2Sky	5	38 39 44 45 46 48	<a href="#">Link</a>
Island (South)	6	61 62 63 79	
Island (North)	6	71 72	<a href="#">Link</a>
North West BC	7	82	<a href="#">Email</a>

\*If your school district is missing, iRide needs your help to find a new in-school coach to train! [Learn more.](#)

\*Alternatively, help us create an after-school program by introducing our Coach Grants to your PAC. [Learn more.](#)

[Book iRide In-School](#)

### IMPORTANT INFORMATION

Waivers: All participants need a signed liability release to participate in iRide's on-bicycle lessons.

- Online Waiver [Available Here](#)
- Hard Copy available by request

Participants who do NOT complete the optional media release will be provided a wrist-band to identify them in case they are accidentally included in a photo. This way our iRide administration can avoid image publishing. Teachers must collect waiver hard copies, review them for any medical information and deliver this packet to our coaches on Day 1.

Weather: We follow the school's lead when determining weather cancellations, though our coaches will cancel if they

feel the conditions are unsafe. For our part, we don't mind teaching in the rain or drizzle if it is safe and your students don't mind.

Supervision: At least one school teacher or staff member must accompany a participating class at all times.

Roles: Our coaches will serve as the cycling experts but may require teacher's assistance with behaviour management if required.

Emergencies & First Aid: Our coaches are equipped with first aid kits but will defer to the teacher or authorized staff to administer first aid and follow school / facility protocol.

## Request an iRide Field Trip

iRide offers a collection of unique field trips to various indoor cycling facilities across British Columbia. Transportation is available for these events through First Charter Bus Lines. Coaching staff include nationally certified coaches from each venue.

Our field trip program is designed to showcase local cycling venues to one class of students at a time. Each class receives one 60-120 minute session, a safe learning environment and a fun, memorable experience for each student. Participants will tackle skills unique to each venue, involving bicycle safety, cycling technique, and challenging courses.

Facility and equipment capacity may vary from location to location. Classes of 8 to 24 students can be accommodated at most facilities. iRide events at BMX facilities are available for grades 4 and older, whereas velodrome and indoor studio trips are available for older students.

For 2017, iRide is able to offer subsidized events to the below venues at a of cost \$300 dollars per class, roughly \$10 - \$15 dollars per student depending upon class size.

To schedule an event, please review our availability in the calendar links below and submit a booking request through our online booking form.

<u>CHOOSE YOUR EVENT DATE</u>					
Current Venues	BC Games Zone	Style	Availability	Min. Grade	Calendar
Abbotsford BMX	3	<b>Indoor</b>	Feb - Mar	Gr. 4	<a href="#">Link</a>
Abbotsford BMX	3	Outdoor	Apr - May	Gr. 4	<a href="#">Link</a>
Pitt Meadows BMX	3	Outdoor	Apr - May	Gr. 4	<a href="#">Link</a>
Surrey BMX	4	Outdoor	Apr - May	Gr. 4	<a href="#">Link</a>
Burnaby Velodrome	4	<b>Indoor</b>	Nov, Feb - Mar	Gr. 7	<a href="#">Link</a>
TaG Cycling Vancouver	5	<b>Indoor</b>	Jan - Mar	Gr. 7	<a href="#">Link</a>
TaG Cycling North Van.	5	<b>Indoor</b>	Jan - Mar	Gr. 7	<a href="#">Link</a>
Victoria Velodrome	6	Outdoor	Apr - May	Gr. 5	<a href="#">Email</a>

[Book iRide Trip](#)

### IMPORTANT INFORMATION

- Equipment is available for rental as part of the trip at most venues
- Trip price can be negotiated if transportation is not required



# iRide School Program

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For The Love of Cycling

