



## Let's Ride! Community Cycling Initiation (CCI)

**Sport:** Cycling

**Discipline:** Cycling- all disciplines  
**Context:** Community

**Sport – Initiation Age Group:**  
Ages 6+

**Coach Age Range:** Various

### **Outcomes Trained and Evaluated:**

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program	T	E
Support the Competitive Experience	T	E
Manage a Sport Program	T	E
Sport-specific outcomes		

### **Training Description**

**Let's Ride! Community Cycling Initiation (CCI)** is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program is on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot.

**CCI training has two parts** – the **"Let's Ride!" CCI workshop (5 hrs)**, and a **Basic Cycling Skills workshop (8 hrs)**. The first workshop provides information on ethical coaching, participants and their needs, basic practice planning, equipment and other important information for coaches of beginner cyclists. The second workshop provides an opportunity for "on-bike" practice in skill teaching and analysis, practice coaching and use of provided lesson plans.

### **Evaluation Description**

The objective is to implement basic evaluation at the Community Coach level. Coaches who successfully complete both workshops will have Trained and Evaluated status.

Coaches are evaluated by Learning Facilitator/Evaluators on the following during the workshops: Emergency Action Plan; facility/equipment safety; teaching/coaching a practice session; skill teaching and analysis; and their understanding of the key concepts of the Community Cycling Initiation program curriculum.



## **Learning Facilitator / Evaluator Training**

Canadian Cycling Association has trained learning facilitators/evaluators (LF/Es) across the country. The LF/E training program is 18 hours, including the CCI workshops and a LF/E training workshop.

### **NSO Contact Info:**

#### **Cycling Canada Cyclisme**

Mathieu Boucher

Director, Development

[mathieu@cyclingcanada.ca](mailto:mathieu@cyclingcanada.ca)

(613) 248-1353 ext: 2607

### **PSO Contact Info:**

#### **Cycling British Columbia**

[membership@cyclingbc.net](mailto:membership@cyclingbc.net)

(604) 737-3034

### **Three most innovative features of your program:**

1. The on-bike Basic Cycling Skills workshop, which is also used by the Introduction to Competition context.
2. The integration of the new competency-based NCCP, the CCA's LTAD principles, and an introduction to working with Athletes With A Disability (AWAD).
3. The introduction of a transition to competition for novice cyclists through the Let's Ride! (Competition Coaching: Introduction (CCI) context)