

iRide Sprockids

IN ASSOCIATION WITH  PROUDLY SPONSORED BY 

A 6-8 week after-school bike skills curriculum designed for ages 6-16

Dear Prospective iRide Champion,

Thank you for contacting Cycling BC about our after-school program options. This document outlines our iRide Development Grants, an initiative designed to help new cycling enthusiasts create community programs in their area.

Cycling BC's iRide program is a youth cycling program led by qualified coaches in a fun and safe learning environment. Since 2013, the iRide program has helped over 45,000 students develop cycling skills and improve physical literacy across the province. In 2017, iRide partnered with the 8-week teaching curriculum, Sprockids, and created iRide Sprockids, a program that offers low-cost after-school programs for kids and removes barriers for new leaders. Since then, over 43 new programs have been created across the province and provided new coaches and children the opportunity to participate in fun learn-to-ride sessions without the pressure of joining a fully-formed youth cycling club. As part of our 2022 iRide development strategy, Cycling BC would like to continue developing after-school programs that build a bridge between new families and local youth clubs, or help after-school programs transition into a youth club.

Cycling BC's iRide Sprockids program can be implemented a variety of formats. Cycling BC can either lead and facilitate the program with the support of the school or Cycling BC can support 1-3 community champions with an iRide Development Grant to get started. *All iRide activities are fully insured under Cycling BC's insurance program, and your school/community can be added to the Cycling BC insurance policy as Additional Insured at no cost.*

iRide Development Grant:

- Applications open each winter between October 15th and January 15th. A Minimum of 2 adults per application are required
- Successful recipients are notified and charged a starter fee:
 - \$150 per adult leader + required to hold Cycling BC Ride Membership (\$60/yr)
 - \$0 per youth leader (u19)
- Recipients receive approximately \$950 in value:
 - \$350 in NCCP Community & Sprockids training (Friday evening, Saturday, Sunday)
 - \$300 backpack (includes first aid, cones, ropes, chalk, multi-tool, Rocky Mtn. Choc. Medals)
 - \$250 annual insurance (Jones Brown)
 - \$200 administrative assistance
 - Online registration through CCNBikes
 - Create posters, Advertise on Cycling BC website and post 1x social media post on Cycling BC channels
- Other requirements:
 - At least 6 sessions must be offered annually
 - Adult/participant ratio minimums:
 - 1:7 for programs in trails
 - 1:10 ratio for programs in open parks
 - Un-trained adults can chaperone the group to maintain adult/participant ratios
 - Program Fee is optional:
 - Fee of \$7-10 dollars per session per participant is suggested

Thank you for your time and consideration. For further details, please review our iRide Sprockids program page [here](#), or our get started page [here](#).

Sincerely,

Ben Chaddock, iRide Provincial Manager, iride@cyclingbc.net, 604-224-7433 (BC-iRide)

Program Specs (Example):

Name:	<ul style="list-style-type: none"> • <u>Terrace Torque</u> p/b iRide Sprockids
Length:	<ul style="list-style-type: none"> • Variable, between 4 – 8 weeks <ul style="list-style-type: none"> ○ Typically April – June, and September - October
Duration:	<ul style="list-style-type: none"> • 60 – 120 minutes a day, <ul style="list-style-type: none"> ○ 1 session per week
Ages:	<ul style="list-style-type: none"> • School Champion to select target group based on age or ability. <ul style="list-style-type: none"> ○ Curriculum designed for ages 8-12 ○ Curriculum adaptable for ages 6-16
Ability Level:	<ul style="list-style-type: none"> • School Champion to select target ability level <ul style="list-style-type: none"> ○ iRide uses 5 skill levels - View Levels ○ Cycling BC suggest riders are sub-divided by skill ○ Example: <ul style="list-style-type: none"> ▪ Adult Leader #1: 7 kids of Level 3 ability ▪ Adult Leader #2: 7 kids of Level 4 ability
# of Participants:	<ul style="list-style-type: none"> • Maximum Ratio: <ul style="list-style-type: none"> ○ 1 adult : 7 riders (trails) ○ 1 adult : 10 riders (school grounds)
Cost to Participants:	<ul style="list-style-type: none"> • \$0 - \$50 per program (suggestion only) <ul style="list-style-type: none"> ○ If a teacher wishes to volunteer their time, iRide recommends charging a small amount to cover annual expenses: <ul style="list-style-type: none"> ▪ All adult leaders must be Cycling BC members (\$60)
Required Items:	<ul style="list-style-type: none"> • Bicycle <ul style="list-style-type: none"> ○ Style: hybrid-flat handle bar kids bikes or mountain bike or a cyclocross bike ○ Status: In good working order – recently been tuned at a local bike shop • Helmet: <ul style="list-style-type: none"> ○ In good working order – recently been assessed by a local bike shop • Snacks and water bottle
Insurance:	<ul style="list-style-type: none"> • iRide activities are fully insured under the Cycling BC insurance program. Your Community Centre will receive a Certificate of Insurance, adding the centre to the Cycling BC insurance policy as Additional Insured, as necessary.
Location:	<ul style="list-style-type: none"> • Start @ School/Community Park • End @ School or School Champion discretion