



Photo credit: <https://bit.ly/2ktPaFL>

Theme(s): Partnership

Type of initiative:
Active Parks

Year: 2014 - till present day

Location:
Birmingham
United Kingdom

Owner: Birmingham Wellbeing Service and British Cycling

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Source: <https://bit.ly/2ktPaFL>

DESCRIPTION

We had led both rides, and learn to ride schemes, for both adults and children. However, we realised that what was missing was an element that linked, for example, level 1 and level 2 training for some cyclists who needed more time on a bike before undertaking the more advanced course.

The end result is Ride Active, which is informal training where the drills and activities lead to training outcomes, which are not presented as such. For example, instead of being asked to signal an intended left or right turn, the rider may be asked to "high five" the instructor. This still involves taking a hand off the handlebars but is not presented as such. Other activities could include identifying an object displayed behind the rider, or riding between a sequence of cones.

SUCSESSES

It has worked well because it has been developed in partnership with the participants and has responded to their feedback, rather than running the scheme as a set of lesson plans.

CHALLENGES

In the early stages the challenge was in defining the need to British Cycling, who as the National Governing Body already had a range of cycling products that they didn't necessarily want to change. Then came the process of sitting down with them to create the template before it was presented to instructors, and finally to the end users who at the time would have been non-cyclists.