

Ride to work skill programs

Two types of workplace riding programs are available to help you and your colleagues:

- ✓ Feel well
- ✓ get involved
- ✓ reduce stress
- ✓ support sustainable transport options
- ✓ develop eco friendly work practices
- ✓ encourage physical and mental well being.



Program 1 - designed to develop participants' confidence to ride to work, use sustainable transport options, and have fun on a bike.

Program 2 - customised skill development programs for your workplace.

Programs can be customised for particular workplace initiative and/or events, such as, Work Health Programs, Great Victorian Bike Ride, Around the Bay, Three Peaks Challenge, Corporate triathlon events.



Program One - Overview (2 hours)

- Getting familiar with your bike -
- bike handling
- using gears effectively
- stopping/starting with confidence and control - any where!
- Defensive riding skills for the urban and suburban commuter.
- Selecting and planning your on-road route
including understanding road rules, traffic awareness and behaviour.
- How to carry out a simple bike check on the spot.
- Choosing suitable riding clothing.
- Introduction to basic commuting mechanics
- Q & A sessions that meet your needs.



Program Two - Overview (2 hours)

These programs are developed for you - whatever your needs. They include:

- advanced skill development
- specific client based Ride to Work programs
- Work cover health and sustainable transport riding programs
- skill development for workplaces participating in particular events, from the ATB to the Simpson Desert Challenge!
- mechanical and maintenance procedures for every event
- fleet bike maintenance and riding programs
- sustainable and eco friendly riding skills.

For further information please contact Rachael Coley at Bicycle Victoria. Email rachaelc@bv.com.au