



# Community Bike Education Program

PROVIDING EDUCATION TO INCREASE EXERCISE HEALTH AND SAFETY TO NEW OR RETURNING BIKE RIDERS.

## Bike Education offered to all community:

- Simple and effective training for both children and adults new to the world of cycling.
- Riding as a family and wanting to gain confidence to ride safely alongside adults on shared footpaths, trails and roads.
- Require update on the road rules and riding in traffic.
- Senior bike group riding focus traffic techniques and hazards.
- Bike maintenance and bike checks.

## Session Includes:

- Interactive bike exercises.
- Promoting safe riding behavior and habits.
- Bike checks and suggestions.
- Review of the road rules.
- How to get ongoing support.
- Program can be tailored to any ability and is offered to all.

