

Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SCO29760



# Become a hero

## Your school needs you

- Gain a SCQF-accredited Cycle Training Assistant qualification
- Help your school to deliver on-road cycle training
- Teach pupils an important life skill

Visit [bikeability.scot](http://bikeability.scot)  
to find out more



# Volunteers required

Who will be our next hero?  
Visit [bikeability.scot](http://bikeability.scot)  
to find out more



We are looking for parents, grandparents and other adult volunteers to help deliver cycle training in schools. Volunteers will work with school staff to deliver Bikeability Scotland level 2 - a modern version of the cycle proficiency course.

The training is great fun and very rewarding. You don't need to be an expert cyclist to volunteer – you just need to be able to ride a bike.

## Why train on-road?

It's important children learn to deal with traffic. The training is conducted on-road in a fully risk-assessed environment. This results in more confident and safer riders.

## How?

To volunteer, you'll attend Cycling Scotland's one-day training course. This course is SCQF-accredited, with one point at level 5 awarded to all successful participants. The course is free and good fun! After that, you'll deliver training to pupils for approximately one hour each week for 6-8 weeks.

**Please contact your local school if you'd like to volunteer as a Bikeability Scotland instructor**

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If you'd like to volunteer as a Bikeability Scotland instructor, please fill out the slip below and return it to your school office

Name

Email

Phone

Days available to volunteer