

# FREQUENTLY ASKED QUESTIONS

## Measure Up 4 Cycling - Training Courses

### Who are the courses for?

- Anyone who is **16 years of age or over**, who wants to improve their skills and confidence riding a bicycle are welcome to participate.
- In line with Australian Better Health Initiative (ABHI) 'Measure Up' campaign target groups, **parents aged 25-50 and adults aged 45-60 are strongly encouraged to participate.**
- The courses are for people who have a basic ability to ride a bike but want to improve their knowledge and skills.
- The courses are for people who are at the stage of wanting to ride mainly on off-road bike paths or quiet streets.
- People who already commute to work by bike are welcome to attend, but they are likely to be too advanced for the courses.

### What if I can't ride a bicycle at all?

If you cannot ride a bike at all, for practical reasons, you are not yet ready to do this course. Some options are:

- Find a friend who can ride a bike and go with them to a park or quiet street, get some basic tips from them and practice cycling with them.
- Organise private lessons or enroll in a beginner's bicycle training course with an accredited trainer. To find a trainer near you, visit the AustCycle website: <http://www.austcycle.com.au/in-your-area> or phone mob - 0414 544 311

### How much do the courses cost?

Nothing! All training courses are provided free of charge, funded by Northern Sydney Central Coast Area Health Service, the Australian Better Health Initiative (ABHI) National Social Marketing Campaign Grants for Area Health Services, and the Department of Environment & Climate Change, NSW (DECC) Cycling Training Voucher program.

### Do I need to bring a bicycle & helmet?

- Yes, course participants are required to bring a bicycle (in good working order) and an Australian Standards approved bicycle helmet (with AS/NZ 2063 sticker affixed), to be worn at all times when riding during the course.
- Whilst we'd like participants to provide their own bike & helmet (so as to be more likely to ride after the course), bikes & helmets may be hired from the training provider. This can be arranged at the time of registering for a course.

## What do the courses cover?

Course content includes - bike safety principles, bike handling skills, road safety skills, traffic awareness, very basic bike maintenance and repair (puncture). Riders participate in a range of cycling skill sessions in an off-road environment, to enable participants to ride on-road. Towards the end of the course, participants may be offered the opportunity to experience a guided ride on quiet roads.

## Where are the courses held?

The courses will be held at the Central Coast Lifetime Learning Centre / CARES (Community and Road Education Scheme) facility, at Palmdale.

## When are the courses on?

Please see the Measure Up 4 Cycling flyer.

## Who delivers the training courses?

All cycling training is provided by a Licensed AustCycle Provider & conducted by an Accredited AustCycle Teacher (trainer).

## What will happen if it rains?

- The CARES facility has a large covered outdoor learning area which can be used in the event of wet weather. However, the course or session may be postponed in the event of **heavy** rain or other unforeseen circumstances.
- Participants will be individually contacted by telephone if a course is to be postponed. Participants will also be provided with a mobile phone number to ring on the day should they have any doubts, problems etc.

## Why are you running the courses?

- Northern Sydney Central Coast Area Health Service is running the cycling training workshops because they are committed to helping people increase their levels of physical activity and health.
- Cycling is a great and fun form of recreation and an environmentally friendly mode of transport, but a lot of people lack competence and confidence to ride. We hope that by running the workshops participants will cycle more often and more safely, perhaps even cycling to and from their workplace, place of study or the shops.

## How do I register for a course?

- Call the Central Coast Health Promotion Service on 43494800
- On registration we will;
  - Go through a few quick questions to check if a medical clearance is required before participation (70 years and over will require a medical clearance)
  - Book you in on your preferred course (subject to availability) and send you a registration confirmation (including 'what to bring' checklist)

## For more information regarding this initiative:

- Call the Central Coast Health Promotion Service on 43494800.
- Visit: [http://www.healthpromotion.com.au/Measure\\_Up.htm#community](http://www.healthpromotion.com.au/Measure_Up.htm#community)

## Anything else I need to know?

Yep ...All course participants receive a FREE 'Measure Up' pack which includes: 'How do you measure up?' tape measure and information booklet, 'Healthy Food Fast' cook book, 'Get Healthy Information & Coaching Service' brochure plus more.