

Bicycle education for children and adults

Why have bicycle education programs?

- To increase riding competency of participants by practicing a range of cycling skills; i.e. balance, steering and control, signaling and communicating with other road users.
- To promote safe strategies for riding in traffic; i.e. riding predictably, constantly scanning for other road users, wearing visible clothing.
- To familiarise participants with the relevant road rules; i.e. traffic rules, specific rules for cyclists.
- To develop a responsible attitude as a cyclist; i.e. maintenance of your bike, helmet wearing, visibility while riding.
- To provide safe methods to negotiate common traffic situations; i.e. turning, roundabouts, planning safe routes.

Bike Ed

Bike Ed is the Victorian Government endorsed cycling education program for primary school children. The Bike Ed program is delivered to children by primary school teachers who have completed a Bike Ed training course run by the Victorian Department of Education Preferred Provider (see below).

Contact your local primary school to see if they provide Bike Ed for their students.

Cycle On

Cycle On is the Victorian Government endorsed cycling education program for secondary school students. Resource kits for this program are available from the VicRoads bookshop (see below).

Bicycle Education providers

The following is a list of bicycle education providers. Each one specialises in different aspects of bicycle education for adults or children.

Name	Contact	Details	Program
Traffic Safety Education (TSE) - Bicycle Education	Tel: 9637 3328 Fax: 9637 2550 remenyi.conrad.c@edumail.vic.gov.au http://www.sofweb.vic.edu.au/physed/traffic/bicycleed.htm		Bicycle Education Instructor Training for teachers and other school support personnel Bicycle Education School Presentations
Bike Ed and Cycle On Program in Schools	Wilcare Services - Ted Wilson - Tel: 5277 2327 Fax: 5277 0267 wilsont@primus.com.au home.iprimus.com.au/wilsont	Victorian Department of Education Preferred Provider for the "Bike Ed" and "Cycle On" programs	Trains teachers and parents. Practical bicycle education program (2 days) with on-road instruction.
Bicycle Education School Presentations	Wilcare Services - Ted Wilson - Tel: 5277 2327 Fax: 5277 0267 wilsont@primus.com.au home.iprimus.com.au/wilsont	Victorian Department of Education: free presentations to school groups.	Covers safety issues on bicycle use and the consequences of bicycle crashes. Can be modified to suit different levels and audiences.
Green Gully Traffic Safety Centre, Clubhouse Place, Keilor Downs	Helen Weir – Tel: 03 9364 3188 Mob: 0414-872 057 ggtscc@bigpond.com.au	Accredited "Bike Ed" trainer.	Bicycle education for students from 4 years to 14 years. Birthday parties, Public Day 4th Sunday of month.
Kew Traffic School, Cotham Road (cnr Grange Road), Kew	Education Officer - Tel. 03 9817 4831 Boroondara Council Tel. 9810 4738	Road safety/education conducted by the City of Boroondara	Classroom and on-road simulated traffic situations. Pre- and primary school up to 8 years.
Essendon Traffic School, Cnr Albion and Lawsons Sts, Essendon	Moonee Valley Council Tel. 9243 8888.	Road safety/education	Classroom and on-road simulated traffic situations. Pre- and primary school children
Buzy Kidz Mill Park	Graeme Tel 03 9437 7727 3 Development Blvd Mill Park 3082 www.buzykidzmillpark.com.au Graeme@buzykidzmillpark.com.au	Road safety education with an emphasis on cycling.	Classroom and on-road simulated traffic situations. Pre- and primary school children.
Ride-On Bicycle Education	Dennis Van Zanen Tel 9558 2414 PO Box 109, Dingley 3172	Bike Ed instructor. Also runs bike hire at Braeside Park (near Moorabin)	Owns a trailer of bikes and teaches Bike Ed to primary school children. He doesn't train teachers to teach kids.

ORCA (Off Road Cycling Adventures)	Rik Symes/Dave Anderson – Tel 1300 65 22 77 Mobile: 0409 943 938 email: orca@orca.net.au www.orca.net.au	Experienced mountain bike riders as trainers.	Primary Bike Education, private lessons for first timers (all ages), mountain bike skills from beginner to advanced.
First Track Adventures, Yarragon	Michael & Rachael Morgan - Tel. 5634 2761 www.firsttrack.com.au	Experienced mountain bike and Bike Ed trainers	VicRoads Bike Ed contractor for the Baw Baw Shire. Mountain bike skills courses for students.
Go Rats, Airey's Inlet	Richard McVean - Tel. 5289 6841 www.gorats.com	Experienced mountain bike trainer	Mountain bike skills courses for students.
Out There - Outdoor Activities, Phillip Island	Derek Harbison Tel: 5956 6450	Experienced mountain bike trainer	Mountain bike tours, bicycle safety course for schools in the area.
VicRoads Bookshop, 60 Denmark Street, Kew	Tel. 03 9854 2782	Resource kits for sale for the "Cycle On" program for secondary school students. Bike Ed books and video	Photocopiable sheets available at shop
Kathy Watts Personal Training	Kathy Watts and Carey Hall - Tel: 9557 0555 Mob. 0412 267 066 kwatt@bigpond.net.au	Olympic Gold medallist and Olympic Gold medal coach	Coaching for recreational, touring or experienced cyclists including bunch riding and cycling in traffic
Bike it – you'll like it!	Bookings: Jika Jika Community Centre, Westgarth Tel: 03 9482 5100 Teacher: Nicola Dunncliff-Wells Mob: 0438-578 835	Specialises in beginners and novices, women, riding in traffic	Individual learn-to-ride lessons, Practical group workshops: Fundamental riding skills Using Gears Riding on the road Basic maintenance
DECA – Driver Education Centres Australia	Mr Graeme Press DEAC training 145 Wanganui Road SHEPPARTON 3630 T. 03 58 211 099 F. 03 58 222 472 E. graemep@deca.com.au	Careful Cobber Program (Primary Schools)	A schools program for primary-aged children. Aims are to develop an understanding of road laws (appropriate to cognitive development) and the need to abide by them; and to develop appropriate attitudes, skills and knowledge for safe cycling.