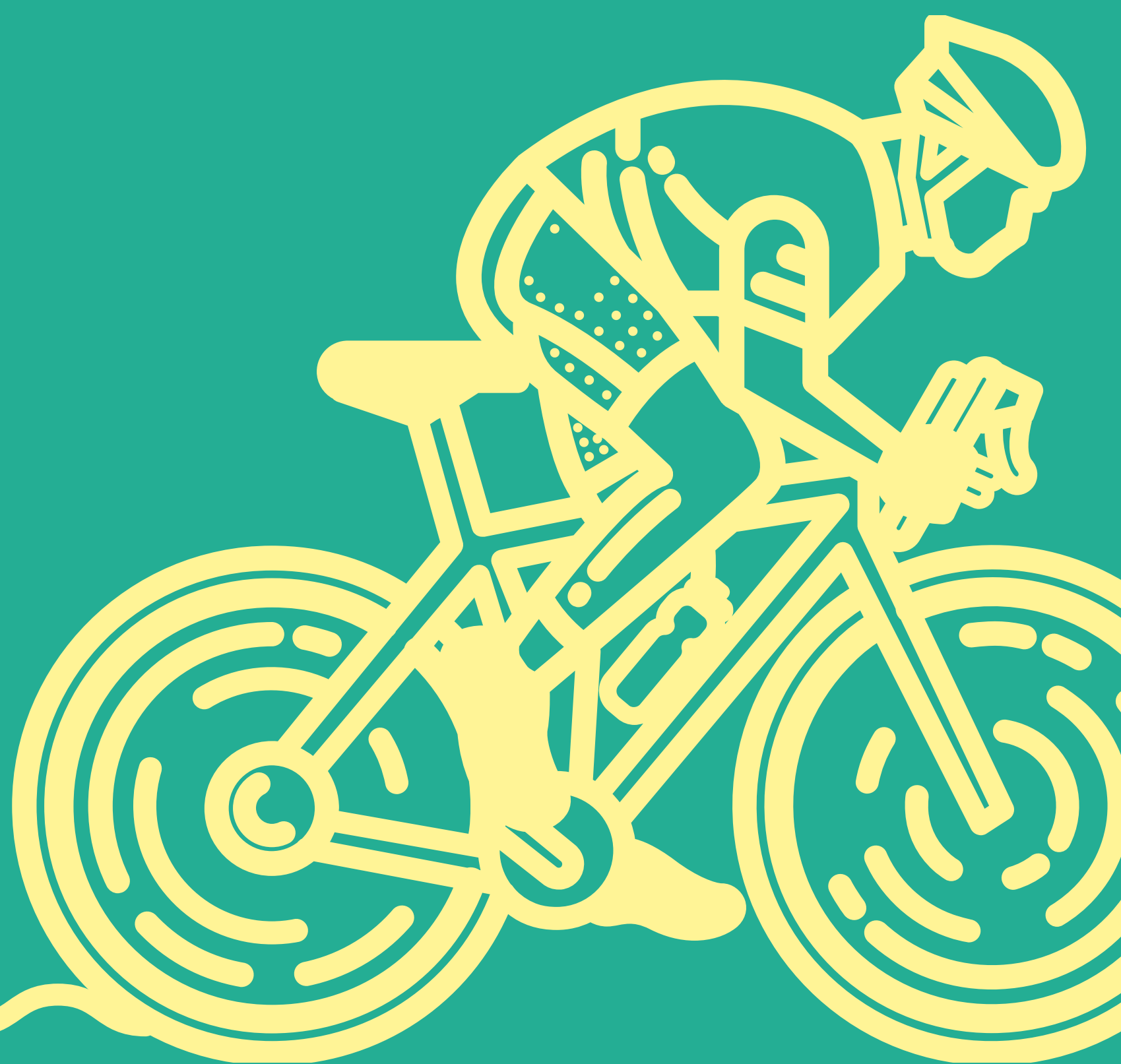


CYCLE TO WORK DAY 2021

HEALTHY WORKING LIVES
#FEEL YOUR PERSONAL BEST

Thursday 5th August 2021

**SUPPORT,
ENCOURAGE
AND
CELEBRATE
YOUR STAFF
TO CYCLE
TO WORK**



MORE INFORMATION & TO DOWNLOAD YOUR PROMOTIONAL
PACK SEE WWW.CYCLETOWORKDAY.ORG/PROMO

**Cycling
Scotland**

**Start a chain reaction.
Learn, live, cycle.**

**Can't cycle but would love to learn?
Cycling Scotland is here to help.**

We can provide you with all the tuition and support you'll need to get going, including access to a bike and any other equipment required. All completely free of charge.

#FEEL YOUR PERSONAL BEST

FOR MORE INFORMATION AND / OR TO PUT YOUR NAME
FORWARD FOR A FREE TRAINING SESSION PLEASE CONTACT:

MARIANNE SCOTT
REGIONAL CYCLE TRAINING & DEVELOPMENT OFFICER
CYCLING SCOTLAND

MOBILE: 07423436803

EMAIL: MARIANNE SCOTT@CYCLING.SCOT





COURSE DETAILS:
ESSENTIAL CYCLING SKILLS ARE TWO HOUR PRACTICAL TRAINING MODULES FOR ANYONE WHO WANTS TO DEVELOP THEIR CONFIDENCE ON A BICYCLE. THERE ARE THREE DISTINCT MODULES, DEPENDING ON YOUR EXPERIENCE.

THERE ARE FOUR DISTINCT MODULES, DEPENDING ON YOUR EXPERIENCE:

1. ABSOLUTE BEGINNERS

THIS SESSION IS FOR PEOPLE WHO HAVE ALWAYS WANTED TO CYCLE, BUT NEVER HAD THE CHANCE. OUR INSTRUCTORS WILL HELP YOU DEVELOP BALANCE ON TWO WHEELS BEFORE INTRODUCING PEDALLING. THE MODULE LASTS ROUGHLY ONE HOUR.

2. INTRODUCTION TO ON-ROAD

THIS SESSION IS FOR ANYONE WHO ENJOYS CYCLING ON PATHS BUT IS NERVOUS ABOUT GOING ON ROAD. OUR INSTRUCTORS WILL INTRODUCE YOU TO ON-ROAD CYCLING IN A RANGE OF QUIET LOCATIONS AND SIMPLE ROAD LAYOUTS. THE MODULE LASTS ROUGHLY TWO HOURS.

3. ADVANCED ON-ROAD

THIS SESSION IS FOR PEOPLE PREPARING TO RIDE ON BUSIER ROADS. OUR INSTRUCTORS WILL COVER MORE COMPLEX JUNCTIONS, ROUTE PLANNING, AND PROVIDE TIPS ON ROADSIDE REPAIRS.

4. FAMILY

THIS SESSION IS FOR FAMILIES WHO WISH TO CYCLE TOGETHER WITH MORE CONFIDENCE – IT IS DESIGNED TO PROVIDE PARENTS/GUARDIANS WITH THE SKILLS AND CONFIDENCE TO CYCLE TOGETHER SAFELY AS A GROUP AND THE WHOLE FAMILY IS ENCOURAGED TO ATTEND. THE MODULE LASTS 2.5 HOURS AND IS TAILORED TO MEET THE NEEDS OF THE FAMILY.

FAMILY SESSIONS - THERE IS NO MINIMUM AGE FOR THE CHILDREN PARTICIPATING (PROVIDED THEY CAN CYCLE OR ARE IN A CHILD SEAT / TRAILER) BUT AT LEAST ONE ADULT SHOULD BE PRESENT. ADULTS (PARENTS/CARERS, ETC) SHOULD BE 16+ AS THE SESSIONS ARE TO AID THE ADULTS TO CYCLE WITH THE CHILDREN. WE AREN'T TEACHING THE CHILDREN TO CYCLE.

MINIMUM AGE
16

WHAT SKILLS DO I NEED?
YOU DON'T NEED ANY SPECIFIC SKILLS OTHER THAN THE DESIRE TO BE MORE CONFIDENT ON YOUR BICYCLE.

HOW LONG DOES IT TAKE?
THIS IS USUALLY A TWO HOUR SESSION.

WHAT WILL I NEED?
BIKES AND HELMETS CAN BE PROVIDED IF REQUIRED. HOWEVER, IT IS RECOMMENDED YOU USE YOUR OWN BIKE (INCLUDING EBIKES) IF YOU HAVE ONE.

WHAT WILL IT COST?
FREE

WHAT'S NEXT?
ONCE YOU HAVE COMPLETED ESSENTIAL CYCLING SKILLS YOU SHOULD HAVE IMPROVED CONFIDENCE TO START TRAVELLING BY BIKE

#FEEL YOUR PERSONAL BEST



The health and economic benefits of active commuting in Scotland



Our research found that...

Walking and cycling make up about 13-15% of commuting journeys in Scotland

Half of active commuters achieved 30 mins per day of activity through their commute

Annual health economic benefit of active commuting in Scotland is over £671 million

An estimated 200 deaths per year could be prevented by active commuting

This analysis contributes to the evidence base on the public health benefits of active commuting and adds further weight to the arguments that promoting active commuting represents extremely good value for money for both individual and public health

Active commuting...

Helps people incorporate physical activity into their everyday lives

Helps reduce carbon emissions and air pollution

Helps to create more attractive and sustainable living and working environments

Benefits local high streets from the extra footfall brought by active commuters

Search 'active commuting' at www.gcph.co.uk

#FEEL YOUR PERSONAL BEST



walk

your way to health

ONLY 30 MINUTES OF
WALKING A DAY...



walkBoston

#FEEL YOUR PERSONAL BEST

