

Is that on the SCQF...? Cycle Training Assistant Award



By Dr Nina Saunders, Quality Improvement and Safeguarding Officer at Cycling Scotland

Cycling Scotland is the nation's cycling organisation. Working with others, we help create and deliver opportunities and an environment so anyone anywhere in Scotland can cycle easily and safely. This includes managing the Bikeability Scotland programme on behalf of the Bikeability Scotland Delivery Group.

Bikeability Scotland is a cycle training scheme designed to give children the skills and confidence they need both to cycle safely on the roads, and to encourage them to carry on cycling into adulthood. The training is usually delivered by either a member of staff at the school or a volunteer, to children in years P5-P7. The support of Bikeability Scotland instructors is key to the creation of the next generation of confident and responsible cyclists. Without our instructors, many of whom are volunteers, cycle training would be beyond the reach of many primary schools, and pupils would miss out on learning a valuable life skill.

The Cycle Training Assistant (CTA) course at SCQF Level 5 with 1 credit point is a qualification for anyone wanting to volunteer to deliver Levels 1 and 2 Bikeability Scotland training to

children in schools. By completing the 10-hour course (3 hours of pre-course learning and 7 hours of contact time), a Cycle Training Assistant can plan and deliver cycle training sessions using Bikeability Scotland resources.

As the training provider, gaining the SCQF recognition for the CTA course was important for Cycling Scotland, as many of our volunteer instructors are teachers. This formal recognition enables teaching staff to put the qualification towards their own CLPL, and for other volunteers, it is a useful and recognised addition to CVs when applying for future jobs. For some volunteers, this has also led them into a re-introduction to paid employment that they have then used to springboard into other posts.

“I was approached by my children’s school to help with their Bikeability Scotland sessions. I jumped at the chance as I enjoy seeing my twins in the school environment. However, it came to my attention it wasn’t their year that I would be helping with, it was the year below. I hesitated as I wasn’t a confident cyclist but decided to go ahead with it anyway as my children would be doing the same the following year. I was informed by the school that I would get some training before I got involved, which I did.

I’ve since been involved with Bikeability Scotland training for two years and it has made me confident on my bike. I get so much satisfaction from seeing the children gain their confidence in cycling and having fun at the same time.

I am glad I volunteered to help the school as I’ve met a wonderful team that I work alongside.”

Kiran Gallacher – Volunteer

For more information on Cycling Scotland visit <https://www.cycling.scot/>.