

Auckland Transport - BikeReady

delivered by Harbour Sport



Whenuapai School prepare for William Pike ride with BikeReady training.



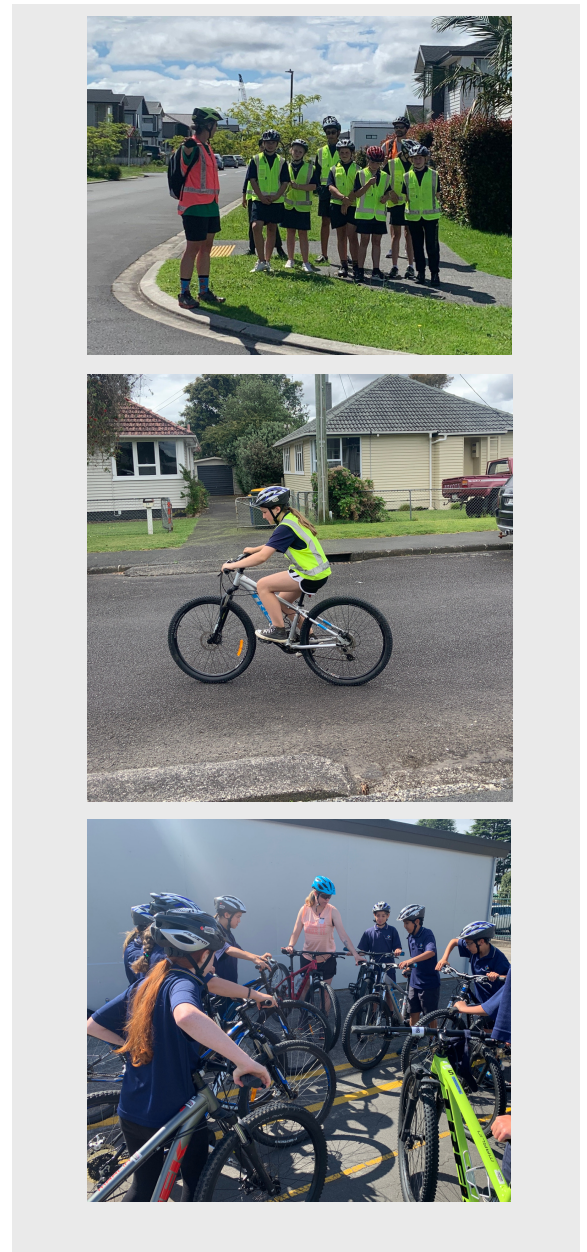
In November 2022, 81 Year 7 and 8 Whenuapai School students took part in the BikeReady Programme funded by Auckland Transport and delivered by Harbour Sport. BikeReady is New Zealand's national cycle education system which aims to create a safer cycling network and equip students with the cycle skills to be safe and considerate life-long bike riders.

Grouped according to ability and their own self-rated confidence level, the students undertake the Grade 2 (6-7 hours) learning outcomes, which takes place on quiet local roads and is designed to give the riders real cycling experience to build skills and confidence. The Grade 2 sessions cover the road code, how to see and be seen, communication, road positioning and cooperating with other road users.

Students in the Whenuapai area (Upper Harbour Local Board) are fortunate to now have access to shared paths and cycle lanes for safer riding. One of these shared paths, around the Whenuapai Air Base, was used for our beginner group. This shared path is wide and well clear of traffic to give the riders a real sense of where they can ride to and from school.

Feedback from the students was that they enjoyed learning how to complete a safety check for their bike before they start riding and a high percentage of them loved learning how to scoot. One focus for this delivery was ensuring the students knew how to use the bike paths that they use frequently and were going to be using for the William Pike Challenge.

Greg Berry, Head of Sport at Whenuapai School, requested the BikeReady training to get the students prepared for their annual William Pike Challenge. Greg said, "This 45 min ride each way challenged students and tested personal comfort zones. The commitment, perseverance and resilience shown was commendable. The objectives of the day were to increase bike competency for students, through experiencing the enjoyment of learning how to be safe on the roads. It was also to give students the confidence to be active and have fun with recreation and leisure pursuits like bike riding. To educate and encourage participants that bike riding is for everyone regardless of size, skill and ability'.



To find out more visit <https://www.bikeready.govt.nz/schools/cycle-skills-training-whats-involved/>

Kelly Cameron - Community Cycling Lead
kellyc@harboursport.co.nz 021 700 3207

