



Services	What?	Who for?	Intervention/Objective
<b><i>Courses/Training</i></b>			
CycleSafe Essentials	2.5 hour comprehensive covering safety techniques, safe routes, practical skills, road use skills and traffic awareness. Bikes and helmets provided	Adults (16 and above)	Breaks down common barriers that prevent communities from moving beyond contemplation of cycling into action
CycleSafe New Arrivals	Supports new arrival community networks with bike education, skills and laws and to gain access to quality bikes and safety equipment	New Arrivals and Refugees	Ensures every participant has the resources and knowledge required to ride safely within their community
One-on-One Coaching	Tailored practical sessions teaching skills and safety	Particularly good for special needs participants and/or the complete novice	Trains people that would not otherwise ride (safely) without this level of support. Excellent entry point for low confidence or special needs
Commuter Cycling Series	4 short sessions that teach best practise commuting essentials. Designed to be held at workplaces with presentation and practical aspects. Bikes included	Workplaces, employees interested in cycle commuting.	Encourages and empowers workforces/employees to commute by bike with excellent training and information resources



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Community Presentations	Inspiring talk on getting started and becoming a better cyclist	Community groups and workplaces	Raises awareness of cycling, links people to the services that are available in South Australia, increases confidence to take the next steps
Maintenance Courses	4 courses from beginner to advanced, from fixing a tyre to servicing your own bike	All recreational and commuter cyclists	Addresses confidence barrier: Builds confidence with fixing mechanical problems, fixing punctures, bike care and helps save money

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<b><i>Bike Skills</i></b>			
Bike Fun	Active after school program for school children to learn safe bike skills in a fun way	Children from R-3	Promotes a fun healthy activity to young children and paves the way to enjoying riding with confidence. Pre cursor to riding to school in upper primary
School Holiday Programs	Fun practical bike education programs for children during school holiday breaks. Encourages safer cycling, improves awareness and skills. Often run through communities centres and schools	Children from R-7	Provides healthy and active school holiday services to community
Way2Go Bike Ed	Program that prepares students in upper primary for on road cycling, learning the skills and attitudes required for safe cycling in low/medium traffic environments	School children grades 4-7	Develops road traffic sense, skills and awareness, responsible behaviours and decision making
Ride Leaders Training	Provides training for people/organisations interested in ride leading and training	All ages	Expands the reach of cycling support services



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<b><i>Bike Skills</i></b>			
BikeSTART (can be set to be Council specific)	Free, easy and fun online tool that finds your starting point for cycling and provides you with solutions	All ages	The power of this tool is that it quickly establishes any individuals needs and barriers, and provides sensible guidance on what to do about them. Confidence building, convenient, links into great ideas!
City Bikes /Metro Bikes (free bike use)	A free bike, helmet and lock hire scheme	16 and above unless adult supervision	Provides community with access to a free active transport medium. Makes for a cleaner, greener, healthier community
Events	Capacity to deliver year round program of events. Bicycle SA runs some of the biggest mass participation rides each year	All ages	Raise the profile of cycling in the community, provides a focus for increased physical activity, training and participation
Free Rides Program	1000 free community rides are delivered each year. Expand the program in your community	All ages	These rides are ideal for those who are getting back on the bike after a few years off or those taking it up for the first time