

WHEELY FUN



AUSTRALIAN
CYCLING
ACADEMY
USC SUNSHINE COAST



About

Fun. Movement. Encouragement. Confidence.

Wheely Fun is Queensland's new and exciting program bringing bike riding into children's daily lives. In a traffic free environment, our program introduces bike riding as a fun past time, promotes physical activity and also gives children and families the confidence and encouragement to get out riding.

We see safe bike riding development as equally important to the health and wellbeing of our community as the current emphasis on swimming skills development in schools. We are committed to ensuring our children are provided every opportunity to learn safe bike riding skills as part of their personal development as well as supporting social trends towards more sustainable modes of transport.

It is our mission to ensure more children are educated to ride safely on Queensland roads, increasing their confidence and develop their bike riding skills through our training activities.

Our school-based program has government funding available through Sporting Schools!

Wheely Fun programs can be run in all 4 terms of the school year, during Before or After School care and Vacation care and in school holidays!





Program Overview

Fun. Flexible. Professional. Personalised. Engaging.

Flexible delivery methods are offered to work in with busy school schedules, these include:

- Assembly: short safety briefing to school, which incorporates high performance athletes, followed by a 1-hour practical session
- Week long: 1 hour session, in-school or before/after school for 1 week
- 4-6 week: 1 before or after school session per week for 4-6 weeks
- School holiday: Half or full day sessions across consecutive days

Highly qualified cycling coaches run each session, with all coaches having completed accredited training through Cycling Australia and Sport Australia.

Coaching ratio of 1:10 children – our small class ratio creates a focused and personalised environment where each student receives more attention.

All riders within the program are covered by public liability and personal accident insurance for the unlikely event they are injured during the session.

Wheely Fun Inclusions

- Session plans focus on developing students riding skills and confidence
- Weekly lesson plans with simple and fun homework tasks
- Tips and advice on safety, road rules and more
- A certificate for all participants
- A report outlining the skills taught and developed over the program for parents
- FREE 12 month Cycling Australia membership for every student (conditions apply) - enables children to join any Cycling Queensland club throughout Queensland
- Exclusive member discounts to any Cycling Australia partners (99 bikes, Strava, Europcar, Pilates in Sport and more)
- Insurance cover through Cycling Australia
- Access to member only competitions
- Free tickets for children to watch races at the Anna Meares Velodrome, Brisbane Cycling Festival and any major Cycling Queensland events

Benefits for your School

- A new, fun and exciting physical activity for your students
- Keeps students active and encourages a healthy lifestyle
- Provides students with skills that will keep them safe, and encourage them to ride to school
- Introduces students to cycling and encourages it as a pastime for life
- Education for students about bike maintenance and safety
- Creates a link between schools and local cycling clubs
- Professional development opportunities by providing mentoring and training to teachers and school staff

Wheely Fun Programs

All sessions are designed to enable children to gain confidence as they develop their riding skills, safety awareness and confidence to race.

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Program 1: Come & Try

- A Cycling Queensland athlete will give an assembly talk for children about:
 - Health and well being benefits of cycling
 - How to ride safely
 - Hints and tips for riding
 - How to get your family involved!
- 1-hour Come & Try cycling session with one year level

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Program 2: 5 Sessions in 1 Week

- 1 hour session before or after school for 5 consecutive days
- Build on skills learnt each day to improve children's cycling confidence
- Learn about the different types of cycling races to help children become involved and knowledgeable of the sport

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Program 3: 4-6 Week Program

- 1 hour before or after school session per week for 4-6 consecutive weeks (length can be shorter or longer)
- Build on skills learnt each week to improve children's confidence
- Children will receive a weekly simple, easy skill for homework

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Program 4: Wheely Fun Camps

- A school holiday program
 - Casual Half Day (3 hour half day session)
 - Week Program Half Day (3 hour half day sessions)
 - Week Program Full Day (6.5 hour full day sessions)



Required Equipment

Schools and/or children can provide the equipment required, otherwise Cycling Queensland can arrange for bike and/or helmet hire.

Equipment Required:

- 1. Bike
- 2. Helmet
- 3. Closed in shoes / sneakers
- 4. Tighter fitting clothing (no singlets)
- 5. Water bottle and small hand towel

Children have the opportunity to ride their own bicycles and use their own helmets in the Wheely Fun program. Utilising their own bike will allow children to build confidence, and familiarity which is then easily transferable home and outside of the program. Children will be able to complete the program on the bicycle that they ride to school, and the bike that they ride with their friends.

Children will also learn important skills like how to check their tyres, how to stop safely, correct road rules and etiquette all on the bike they'll use the most, their own.

Any type of bike can be used, so long as it is in good working condition. An approved Australian Standard cycling helmet must be worn.

If you do not have a bike or helmet, Cycling Queensland are able to arrange these with our bike suppliers.

This will incur an extra cost dependent of equipment availability, and school location. For more information, please contact Cycling Queensland on (07) 3390 1477.

Safety, Insurance & Liability

All coaching sessions are risk-assessed and measures are taken to reduce any risks that can't be eliminated. Our coaches also work to ensure a safe environment for children to cycle in.

All Wheely Fun program coaches have a Community Club Coaching qualification accredited through Cycling Australia and Sport Australia. Additionally, all coaches have \$20,000,000 public liability and professional indemnity insurance cover.

All riders within the program are covered by personal accident and public liability insurance for the unlikely event they are injured during the session

Cycling Queensland will organise a certificate of insurance covering any children participating within the program and coaches running the sessions. Risk assessment documents can also be supplied to the schools if required.

Wheely Fun Program Costs

There are several payment methods available for different groups:

- Parents are required to submit their payment for the program through Entry Boss prior to its commencement
- Schools & Outside School Hours Care have the option of being invoiced prior to the program's commencement, or at various intervals throughout the program

Item Cost

Assembly Talk/Come & Try	FREE
5 sessions in 1 week	\$75.00 per child
4-6 week program with 1 session each week	\$90.00 per child (for 6 week program)
School Holiday Program Casual Half Day (3hrs)	\$45 per child per day
School Holiday Week Program Half Days (3hrs)	\$200 per child per week
School holiday Week Program Full Days (6.5hrs)	\$325 per child per week

*Course costs may vary dependent on equipment availability, school location, coach availability and other factors. Personalised programs can be arranged to fit any school's needs. For more information please contact Cycling Queensland on (07) 3390 1477



Additional Considerations

Wet Weather:

In the event of rain or wet weather, the session will be either:

- a) Canceled and rescheduled in consultation with the school or program organisers
- b) A theory-based session to be held at an alternative venue

Bike Maintenance:

A school's representative must sign and complete one hire and liability agreement for all equipment being supplied (if supplied). Schools will then be liable for any damages and breakages of bikes and/or helmets where applicable on school property. Additionally, a copy of this agreement will be made available to the school.

Branding and Logos:

Schools will be given social media, newsletter, email content and flyers to provide to parents, guardians and children to promote the program.

Permission may be given to schools to use the Cycling Queensland & ACA logos for school correspondence that relates to the Wheely Fun program.

Contact Cycling Queensland

For further information on any school based, holiday or personalised programs please contact Cycling Queensland.

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Email: qld.info@cycling.org.au
Website: <https://cycling.org.au/qld>
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Principle Partners

Wheely Fun is proudly designed, presented and facilitated by Cycling Queensland and Australian Cycling Academy. The partnership between Cycling Queensland and Australian Cycling Academy utilises a range of knowledge, skills and experience that will provide an unforgettable experience for all involved.



Cycling Queensland is the governing body for organised cycling throughout Queensland, with around 14,000 people who ride a bike from recreational through to elite competitive levels.

Cycling Queensland has been in operation since 1893, and has 26 Clubs and over 200 affiliated and qualified Coaches throughout Queensland.

Cycling Queensland is passionate about educating, encouraging and engaging with our communities.

We are cycling start to finish. Cycling Queensland is inclusive and provides riding, racing and spectating opportunities for all ages, abilities and fitness levels.

Cycling Queensland's aim is to get more people watching cycling, racing and enjoying riding with us.



The Australian Cycling Academy (ACA) is a not-for-profit cycling development program and UCI Continental Professional team.

Pro Racing Sunshine Coast, founded by former professional cyclists Ben Kersten and Matt Wilson.

Integrating high-performance cycling, tertiary study and professional mentoring from a single hub at the University of the Sunshine Coast, QLD.

Our ethos is 'live, learn and ride'.



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For more information or bookings, please visit:
cycling.org.au/qld/what-wheely-fun



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