

Mass Cycle Ride

Preparation

- Green-Schools Travel Officer cycles the potential route and notes the route's distance, the time taken to cycle the route and potential hazards. Route should be 6-10kms, taking approximately 45 minutes to complete.
- Cyclability audit is conducted by the Green-Schools Travel Officer and 2/3 children.
- Dr Bike Workshop: pump tyres, oil bikes, adjust saddles & fix bakes. A few 6th class pupils could pump tyres & oil gears. Don't touch gears or punctures. The Green-Schools Travel Officer could demonstrate how to fix a puncture.
- Cycle training for 3rd-6th class pupils participating in the mass cycle ride. The pupils are shown how to fit helmets correctly, m-check on bikes (brake function, seat height, tyre pressure and bike chain) and how to mount/dismount the bike properly, how to start cycling, pedal and stop, and how to signal correctly.
- Rules of the road workshop: Primary and secondary cycling positions, overtaking vehicle, navigating roundabouts and avoiding a driver's blind spot at a junction.
- Encourage parents to participate in cycle ride, and conduct get in gear workshop with parents before cycle ride.
- Remind children to check that their bikes' brakes are working and to bring hi-vis vests and helmets for cycle ride.



Dr. Bike Workshop



The Mass Cycle Ride

- Give a safety talk to the pupils before the cycle with the Garda's input. Instruct children to cycle on the left hand side of the road (like a car) with a bike length between them and the person in front of them, children should look in front of them. No overtaking adults. If children are misbehaving they will be sent back to the school.
- The Green-Schools Officer should always carry a 1st aid kit, sun cream, water, a phone, an alloy key, a spanner and a pump.
- Children should bring water & food in their backpacks if the cycle is long or the Green-Schools travel officer could provide refreshments.
- At the start of the cycle position young children and BMXs at the front of the cycle ride
- The Green-Schools officer could stay in front of the group or if there is a teacher who cycles in the group then he/she can stay in front of the group and the Green-Schools officer can control the children by cycling alongside the group.
- Stop every 1km or less to regroup the cyclists
- If you have more than 100 pupils participating in the cycle it would be useful to have a Garda
- It is useful to have a car with the group for pupils who are experiencing difficulties. If you don't have a car with the group ensure there is an adult you can ring who has the use of a car in case of an emergency.
- A whistle helps get children's attention
- The children could sing as they are cycling e.g. "We are not stuck in traffic" or "We are cycling in the rain"
- Take photos and write a press release of event for local paper





Mass Cycle Group: Presentation N.S. 5th class pupils, Tuam, Co. Galway with their Green-Schools Coordinator Liz Cunningham, Green-Schools Travel Officer Cairtriona Cunningham, local Councillor Shaun Cunniffe and local Gardaí