

National Standards Accredited training programme that will enable you to deliver National Standard cycle training to individuals and groups of all ages and abilities.



If you want to work as a cycling instructor in the UK, then becoming a National Standard accredited cycling instructor is highly recommended. In the past, cycle training was only available to children and was often restricted to the school playground. Today, cycle training is available to adults and children, and offers road based training in real traffic conditions. This style of training helps to develop skilled and confident cyclists, getting more people cycling, more safely and more often.

The National Standards for Cycle Training was developed by cycling organisations, road safety teams and the Department for Transport. The National Standard is a three level training scheme for children and adults.

ACCREDITED 4 DAY TRAINING COURSE – STAGE 1

The course covers all aspects of cycle training with reference to the National Standard levels. You will receive a copy of our Cycling Instructor manual prior to the course in preparation for you to read the necessary chapters before the course commences.

You must bring a roadworthy bike with you as the course features practical sessions as well as classroom based activities. (If you are unable to bring a bicycle you can hire one from us at £10 per day. We have several fold-up Bromptons and a range of Ridgeback Hybrid bicycles for hire in a range of sizes).

The training includes:

- In-depth exploration of the National Standard levels
- Instruction on how to teach individuals and groups
- Theory of assertive cycling
- Bike and helmet fitting
- How to check if a bike is roadworthy
- Risk assessment and emergency procedure
- Child protection awareness
- Cycling games
- Peer teaching practical sessions
- Moving trainee cyclists on road between locations (snaking)
- Lesson booking procedure, paperwork and feedback

COST £470 (includes CTUK Instructor Manual, workbook and registration with DfT to obtain your NSI)

Successful graduates of the four-day course will receive a provisional accreditation which will allow teaching as a support instructor straight away (you may also need a cleared DBS check) and are invited to a web forum moderated by CTUK for accredited cycling instructors all over the UK. A detailed written assessment will be sent within 10 days of the course completing, this outlines how well you performed during the 4 days and advises of any necessary action points that you may need to work on in preparation for the PCA.

POST COURSE ASSESSMENTS (PCA) – STAGE 2

You have up to 6 months to achieve full accreditation, this process is known as a Post Course Assessment (PCA) and the setting up of this will need to be initiated by yourself. We will send a CTUK mentor to observe a Level 2 on road session which you will have the opportunity to Lead on. As part of the PCA the mentor will offer you guidance, feedback on your performance, as well as helping to set mutually agreed targets after the session.

On receiving a provisional accreditation, you will also be given a logbook - your personal record of any observations you take part in, as well as a place to record action points and comments from your assessed sessions. The logbook contains lots of other information about the National Standards, accreditation, and a list of useful contacts.

COST £115 (for each assessment)

FULL ACCREDITATION

Once you have successfully completed your PCA to become fully qualified we will notify the Department for Transport (DfT) of your change of status. You will receive an email notification informing you of this change and the prefix to your NSI number will be updated. A National Standards Instructor Certificate will be sent to you.

OBSERVATIONS

You are invited to observe either a Level 1 or 2 session led by CTUK instructors. These are not compulsory but are highly recommended. There is a small charge to cover the set up of the observation. If you wish to observe an Introduction to Road Riding course within a school you will need to have a valid Enhanced DBS check already in place and may be asked to produce evidence of this along with photographic identification.

ENTRY REQUIREMENTS

Essential

- Be able to cycle competently and confidently with recent experience of cycling in a range of traffic conditions including busy urban roads
- Good communication skills with the ability to communicate clearly in English
- Understand principles of safe cycling and be familiar with current theory of safe cycling and/or express willingness to learn
- Be available for the full duration of the course (4 days; 9am-5pm) as well as having time in the evenings to complete homework tasks

Desirable

- Experience of cycle training as an assistant or volunteer
- Experience in a teaching, training or instructing role
- Be able to assess whether a bike is roadworthy
- Be able to make minor adjustments to make a bike roadworthy

Book online www.cycletraining.co.uk

Course Location

All instructor training courses are held in central London at our head office (SE16 3LR) which is a short ride from London Bridge mainline station or a 10 minute walk from Bermondsey tube station which is on the Jubilee line. Full details of the exact location are sent in the *Participant Pack*.

Accommodation

There is plenty of accommodation in central London which is within a short cycling distance of the course location. Transport for London (TfL) cycle maps of London can be provided to help plan your journey. The following places to stay are particularly close

Novotel – City South

www.novotel.com 020 7089 0400

YHA London London Thameside/St Pauls

www.yah.org.uk 0870 770 6010

Travel Lodge – Tower Bridge

www.travelodge.co.uk 0871 984 6388

Useful Information

Transport for London – Journey Planning

www.tfl.gov.uk 0343 222 1234

National Rail

www.nationalrail.co.uk 08457 48 49 50

Why train with us?

We have always trained our own instructors and have developed a comprehensive programme for training and accrediting cycling instructors. Many individuals attend our regular courses in central London, and we are also able to deliver private courses for groups of instructors anywhere in the UK and internationally. We have trained many instructors for local authorities throughout the UK. Clients include Transport for London (TfL), Sustrans, TNT Post Couriers, Stage Coach, City of London Police, Blackpool Council, Buckinghamshire County Council, Cambridgeshire County Council, Dudley Metropolitan Borough Council, Luton Borough Council...we have also trained instructors in Singapore.

- CTUK is the largest cyclist training centre in the country and has been training cyclists and instructors since 1998
- CTUK is one of the first approved cycling instructor training centres in the UK
- All CTUK instructor trainers are very experienced cycling instructors who continue to teach a wide variety of courses in London every day
- The CTUK Instructor Manual is a best practice reference for cycling instructors according to the National Standards, and is recommended by the CTC
- CTUK provides a consultancy service which has helped many other organisations establish successful cycle training schemes
- CTUK has a seat on the Cycle Training Reference Group, as well as the Cycle Training Experts Group
- CTUK has the capacity to train large numbers of cycling instructors anywhere in the world