

AusCycling Foundation Instructor – Teacher (FI-T)

Accreditation



The AusCycling Foundation Instructor – Teacher course is designed to provide flexible delivery of cycling instructor accreditation for teachers to enable them to deliver the *Ride Nation Schools* program.

The course provides the key elements of the cycling instructor delivery practices with the theory component delivered through e-Learning. The course is aimed at individuals who want to assist others to learn the skills of riding a bicycle within the community and basic school programs.

The course takes an interdisciplinary (BMX, MTB, Road) approach which provides recognition of current competencies that teachers possess through their education.

Online E-learning Modules (2 hrs)

FI-T theory modules take the participant on a journey of cycling specific education, which examines areas of:

General Cycling inc: review and managing group/individual behaviours; risk management; planning and developing appropriate skills sessions;

Introduction to AusCycling inc: different cycling disciplines; fundamental riding skills; essential traffic skills

Bikes and Equipment inc: safety risk and concussion management; types of bikes; fundamental MTB skills

Practical: Face to Face (5 hrs)

The second component is a practical session where participants will undertake training to support students to develop their riding skills. The session will culminate with participants planning and delivering a 10-minute skills session to the group.

Participants must provide their own bike, including riding gear and helmet to attend the session.

Practical sessions will be scheduled regularly throughout the year. If you have multiple attendees, we are open to holding a course specifically for your school (minimum numbers required).

Finalising accreditation

In order to finalise accreditation, participants will be asked to provide copies of the following when enrolling in the online system:

- Teacher Accreditation or Working with Children Check relevant to your state or territory legislation;
- First Aid Certificate (HLTAID003 or HLTAID011 or higher).

Instructors must hold a current AusCycling membership (minimum Non-Ride Membership, or if riding Lifestyle Membership*).

The Foundation Instructor -Teacher Accreditation is valid for 4 years.

The cost of the FI-T course is \$290 (inc gst) per person.

** Each membership has different benefits - see auscycling.org.au/membership*