



**SMART
RIDER
AWARD**

Be smart with **SMART Rider**

A CYCLE COACH INITIATIVE

THE **SMART RIDER AWARD** CYCLE TRAINING WILL DEVELOP THE RIDER'S CYCLING SKILLS AND PROVIDE THEM WITH THE **NECESSARY FOUNDATION TO MASTER THE BASICS OF COMMUTING** BEFORE THEY ENCOUNTER TRAFFIC FOR THE FIRST TIME.

A BLEND OF BOTH THEORY AND PRACTICAL CONTENT THAT ALIGN WITH THE OUTCOMES OF THE **NATIONAL STANDARD CYCLE TRAINING**.

- » Incorporating the TFL Stars Activities that inspire young Londoners to travel to school sustainably.
- » Cycling Skills, Road Safety and Independent Travel advice.
- » Includes 25 practical exercises covering bike handling, core cycling and group riding techniques.
- » Raising the profile of greener and healthier travel to schools across London by championing cycling.
- » Educating pupils to commute sustainably, safely and confidently.
- » Available to all London Secondary Schools.



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