

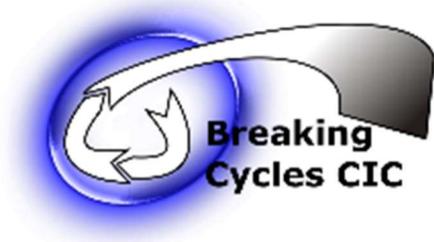
Name: _____ Learner Number: _ _ _ _

Centre Name: Breaking Cycles CIC

Centre Number: 84100

Learner Work Booklet For Cycling in my local area

Unit Title (117890)



This workbook was created by Breaking Cycles CIC in partnership with The Bikeability Trust as part of the widening participation project in 2022.

These resources are free to use and intended to be used, alongside L3 Bikeability training, as part of your alternative curriculum.

(Outcome number 4) The cost of accessing a local cycling event or activity

It is useful to find out how much things are going to cost. Use online research to find out the cost of a local cycling event or activity and fill in the table below. You could find this out on your local cycling clubs' web pages, British Cycling website, Cycling UK website or by searching for a local cycling sportive.

Name of the cycling event or activity	Cost of the cycling event or activity
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(Outcome number 5) What equipment you will need to take part in a local cycling event or activity.

There are lots of different types of cycling: mountain biking, road cycling, BMX, gravel rides etc. Look at the event that you are thinking about attending. Look at the type of riding it involves and the recommended equipment. Also think about the time of year that the event is taking place. Write a list of the equipment you are going to need to take part in the event/ activity.

(Outcome number 6) How do you get to the cycling venue?

There are lots of different places that cycling events begin from. If it is an organised sportive or race, then it is likely that there will be a headquarters. Sometimes these events use village halls. If it is at a velodrome, these are often well signposted using the brown tourist signs. If you are attending an event/ activity organised by a local cycling club, look on their website to see where the meeting point is for the event.

Once you know where it is, think about how you are going to get there, how long it will take and the cost of any travel. Try to use environmentally friendly ways of travel eg cycle there or get the train. Remember you can't take your bike on the bus and also check the train services to make sure you don't need to book a space for your bike too.

Where is the meeting place (include the postcode)?	<hr/> <hr/> <hr/> <hr/> <hr/>
What mode of transport have you chosen (bike, train, car etc)?	<hr/> <hr/> <hr/> <hr/> <hr/>
How long will the journey take?	<hr/> <hr/> <hr/> <hr/> <hr/>
Do you need to pot the route by bike/ car or do you need to make any train changes?	<hr/> <hr/> <hr/> <hr/> <hr/>
What is the cost of your journey?	<hr/> <hr/> <hr/> <hr/> <hr/>

(Outcome number 7) Where is the hire shop?

Some cycling events need specific equipment if you are taking part, for example a mountain bike event needs a mountain bike. Looking at the list you made above, what equipment are you going to need to hire? Make a list below of the equipment you will need to hire eg bike, lights, helmet and then find out, using online resources where you can hire this equipment from.

Equipment to hire	Where will you hire it from?
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
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