



# AUSCYCLING FOUNDATION INSTRUCTOR COURSE



The AusCycling Foundation Instructor (FI) course is designed to provide flexible delivery of cycling instructor accreditation for members, clubs and community organisations to enable them to deliver riding programs for a variety of disciplines - BMX, CX, MTB, ROAD, TRACK.

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

*The course takes an intro to the sport via a single discipline approach with the opportunity to upskill into other AusCycling disciplines.*

## Online E-learning Modules



FI theory modules take the participant on a journey of cycling specific education, which then examine areas of:

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

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

**Bikes and Equipment:** safety risk and concussion management; types of bikes; fundamental skills of the discipline chosen.

## Practical: Face to Face



The second component is a practical session where participants will undertake training to support riders to develop their riding skills. The session requires the instructing of specific skills and/or the planning and delivering of a skills session.

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

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

## Finalising Accreditation and Pre-Requisites



In order to undertake the FI course, participants must be 16 years of age and have completed the AusCycling Community Instructor Accreditation.

Participants will be asked to provide copies of the following when enrolling (unless already current and on file with AusCycling).

- Working with Children Check or equivalent or exemption relevant to your state or territory legislation.
- First Aid Certificate (HLTAID003 or HLTAID011 as a minimum).

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

The Foundation Instructor Accreditation is valid for 4 years.

*\* Each membership has different benefits - see [auscycling.org.au/membership](http://auscycling.org.au/membership)*

**Cost:** \$290 (inc gst) per person – MTB, Road, Track | \$150 (inc gst) per person - BMX

**For more information:** please email [coaching@auscycling.org.au](mailto:coaching@auscycling.org.au)