



TIPS FOR WORKPLACE CYCLING:

Boost employee cycle skills

Behaviour Change activities made for easy delivery



What

Offer work colleagues the opportunity to brush up on their cycling skills by providing bite-size learning sessions to help boost confidence and increase perception of safety while cycling.



How

- Start at the beginning with the basics, like balancing, looking over shoulders or braking.
- Set out a plan to run a series of sessions and aim to cover cycle skills from beginner to advanced.
- Let colleagues dip in and out of sessions and shape their own learning.
- Ask an experienced cycle champion to run a session or hire an instructor to run one for you.
- Break the learning into small steps and offer short sessions of about 30-minute chunks.
- Ask at the start about levels of knowledge, confirm any aims and goals.
- If colleagues agree, filming bits of the session on a phone and sharing on your workplace social media is a good way to get others interested in cycling.
- **Complete a risk assessment before the session, share with others and be sure its dynamic on the day.**
- Ask a colleague to document their journey in a case study to inspire colleagues.



Why

Practice makes perfect. Colleagues who don't cycle often may feel less confident to give it go because they're unsure about their ability or face other barriers. Going back to the basics and offering short sessions, suited to complete beginners are more likely to encourage colleagues to join in at a level they feel comfortable with.



When

Try a short lunchtime session or just after work.



Who for

Mainly colleagues who do not cycle to work. This might be leisure cyclists who are uncertain about their ability or colleagues who have not ridden a cycle for a number of years.



Where

An outdoor space, cordoned off so it is safe and cyclists can practise undisturbed. Try the car park after work, or other spacious locations nearby.



Get colleagues involved

Ask workplace cycling champions to get involved, share the responsibility and increase the enjoyment.



Behaviour change tips

- **Talk about barriers:** Barriers stop people cycling. Talking about some common ones will increase the likelihood that colleagues will speak about what stops them. Cycling UK can help you understand barriers to cycling. Ask for a consultation.
- **Acknowledge different paces of learning:** Everyone learns at a different speed, be patient, offer bespoke coaching and you'll help your colleagues feel more confident and capable.

