Case Study:

Incorporating Skills Training into Local Schools

Description: Many organizations delivering walking and wheeling skills training programs in schools have expressed a desire for their programs to be incorporated into the school curriculum. Ideally, this would help them reduce the time spent reaching out to schools to pitch and book courses – something that has been highlighted as a universal challenge. This has not yet been widely achieved on a provincial scale, but one local program has demonstrated how progress can be made by working at the local school division level.

Photo: Winnipeg Free Press (Ligia Braidotti)

Key Takeaway:

It is possible to have walking & wheeling skills training programs incorporated into the programming at local school divisions.

Example(s):

In Winnipeg, the *BEST* Program has been successfully integrated into the phys-ed courses for all middle schools within the Seven Oaks School Division. The school division is also a significant funder of the program, and this partnership was made possible by working closely with a supportive Superintendent at the school division.

The *BEST* program is delivered by trained instructors and phys-ed teachers who participate in a "train the trainer" session. The program is based on a graduated learning model where students participate in about 8 hours of training each year (2 in class and 6 on-bike), over three years when they are in grades 6, 7 and 8. The program has reached approximately 500 to 700 students a year since its launch in 2016 and they are working to expand to two more school boards.

Learn More:

https://greenactioncentre.ca/asrts/best/ and https://www.winnipegfreepress.com/our-communities/times/Cycling-their-way-to-safety-397329101.html

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