



## Inclusiveness in Cycle Training Sessions

CYCLE RIGHT is an inclusive programme, aiming to provide training to participants regardless of race, social class, ethnicity, gender identity, sexual orientation, ability, religion, or age.

### Context

The goal of this resource is to highlight areas which need particular attention to ensure delivery of training by a CYCLE RIGHT trainer respects the needs and perspectives of all individuals who may take part in the programme.

### Disability

There is a range of resources on the CYCLE RIGHT website to support individuals Learning to Cycle with a Disability, both standard and specialised bicycles. [Resources](#) INDEPENDENT CYCLING WITH A DISABILITY

### Language

CYCLE RIGHT trainers may have individuals in groups or ethnic groupings taking part in training whose knowledge of English is limited.

This may require the support of an interpreter **to** assist with training, or the trainer may need to adapt their own delivery to provide added clarity to the learning process.

This can be facilitated a number of ways;

1. If delivering training with the assistance of an interpreter, a trainer should keep sentences and points short and use clear language, diction and pace, leaving time between so that translation can be made and delivered in a relevant timeframe. Even with an interpreter present, the trainer should still address the group and the individuals within it when explaining.
2. Using key words linked to demonstrations which are clearly visible to all. A short lexicon might include GO, PUSH, STOP, SLOW, LOOK, BACK, LEFT, RIGHT, ARM, UP, HOLD (freewheel);
  - a. Ideally one trainer would demonstrate to the other's linked key words.
  - b. Given the requirement for trainees to both work with an unfamiliar language and learn the techniques being taught, multiple demonstrations may be needed
3. Flash cards, colour cards (green for yes, red for no) and signs (including road signs) used to support instructions.

## Physical Contact

A trainer should be mindful when making physical contact with any individual in the training environment, but where this is necessary (for instance, during the learn to cycle process), the trainer should be conscious of;

1. Always checking with an individual before physical contact is made that they consent
2. Appropriate contact
  - a. Are there issues about particular parts of the body and contact
3. Cultural disposition to contact;
  - a. If contact is appropriate at all
  - b. Are there issues about gender and contact?

## Gender References

Trainers should aim to use gender neutral references (for example “everyone” rather than “boys and girls”). Trainers should also be aware that it can sometimes be difficult to tell the gender of an individual, please do not assume and ask the individual’s name.

## Ageist References

Trainers should avoid ageist references, or implying that ability is in any way linked to age.

## Cultural, Ethnic and Religious Considerations

Trainers should be aware that all cultures may have different considerations which need to be supported during the delivery of training for example:

Hair – some ethnicities and religions have very specific requirements about hair and hair coverings which will need to be considered with requirements for helmet wear. Trainers would be advised to carry a range of different size

Clothing – can be influenced by culture and ethnicity

Loose clothing which may become caught in the bike

1. How can clothing be pinned or clipped to avoid this?

Trainers should be very conscious of the language they use and of ensuring they to do not cause inadvertent offence by using inappropriate language with religious connotations.