

AYR AND KILMARNOCK ACTIVE TRAVEL
HUBS PRESENT A SERIES OF

WORKPLACE WEBINARS

Helping Your Workplace to Promote Active Travel

ACTIVE TRAVEL TRAINING FOR EMPLOYEES



ACTIVE TRAVEL TRAINING



WHAT ACTIVE TRAVEL TRAINING IS AVAILABLE?

- Active travel champion training with Sustrans Scotland
- Workplace walk leader training from Paths for All
- Essential Cycling Skills, Cycle Trainer and Cycle ride leader training from Cycling Scotland

ACTIVE TRAVEL CHAMPION TRAINING- SUSTRANS SCOTLAND

- Active Travel Champions help people in their workplace to be more active through walking or cycling as part of their everyday journeys.
- Champions are supported with training on running events and giving travel advice, resources, and guidance from Sustrans staff.
- Training includes mapping with open street maps, workplace walk leader (through Paths For All), cycle skills and ride leader training (through Cycling Scotland) and energy efficient driving (through Energy Saving Trust)
- For more information see the Sustrans website





WORKPLACE WALK LEADER TRAINING- PATHS FOR ALL



- 1 day course which will help you promote walking at work
- Provides you with the knowledge, skills and ideas to develop and deliver a successful workplace walking initiative such as lunchtime walks, pedometer challenges, walking meetings and more.
- Suitable for anyone interested in staff health and promoting physical activity to colleagues and employees.
- £600 for up to 20 delegates. Need a minimum of 8 people per course.
- For more information or to book a course please have a look at the Paths For All website

CYCLE TRAINING- CYCLING SCOTLAND

- Essential Cycle Skills- This training cover subjects such as bike handling skills, confidence on-road, and basic roadside repair to improve your employees confidence cycling to work. (1/2 Day training and usually free)
- Cycle Trainer - to enable a member of staff to deliver essential cycle skills training to employees. They will learn how to conduct risk assessments, plan, develop and deliver learning sessions to anyone that want to cycle. (4 day course, £300 per person or £1500 for bespoke training for 5-8 people)
- Cycle Ride Leader- this training enables a member of staff to lead cycle rides on roads and on recognised cycle paths. Led rides offer the opportunity for less experienced staff to gain confidence cycling on the road, and build up their knowledge of local routes. (1 day course is £75 per person or £400 for bespoke course 5-8 people)
- For more information contact visit the Cycling Scotland website





FURTHER RESOURCES AND SUPPORT

- Way to work website- Helping you to promote active and sustainable travel in your workplace
<https://www.waytoworkscot.org/>
- Active Travel Hubs- We are here to support active travel within workplaces. For information, support or advice please contact the Kilmarnock Active travel Hub at info@activetravelhubkilmarnock.org or the Ayr Active Travel Hub at activetravelhubayr@gmail.com or Follow us on Facebook