



# **Sprockids**

**getting people out on bikes**

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## ≡ **Sprockids *After-School-Cool* Program** ≡

### ***Master Trainer's Code of Ethics***

An effective leader evaluates each participant's capabilities and needs.

A flexible leader adjusts delivery of program material to participant's level and fit.

A terrific leader recognizes the teachable moments – how to make it stick and be fun!

- 🚲 Lead by example – actions speak louder than words.
- 🚲 Respect your participants – their individuality, their different levels of skill, their confidence, and their passion for biking.
- 🚲 Have fun, and make it fun – use your sense of humour to keep it playful.
- 🚲 Have time for everyone – make the participants feel important and proud.
- 🚲 Celebrate even the smallest of accomplishments – yours and your riders'!
- 🚲 Don't give up!

### **Master Trainer Good Habits**

- 🚲 **Always** wear your helmet – lead by example!
- 🚲 Carry a pack with the following items: tool kit, basic first aid kit, emergency contact information, radio or cellphone.
- 🚲 Keep it simple – teach one skill at a time, and link your lessons to previously taught skills. Use circuit training to put it all together.
- 🚲 On trail rides, use a 'sweep' - designate one rider to bring up the rear.
- 🚲 Keep together as a group.