



Annual Report - 2020

Although this was a challenging year, with your support we were able to pivot, prepare for the years ahead, AND create some incredibly special moments.

Here is a quick recap of what we have been up to during this most challenging time.



- 1 school visit
- 3 after-school programs (Abbotsford, Nanaimo, Terrace)
- 6 field trips
- 2 summer camps... totalling +300 participants


125 students from six classes visited the Burnaby Velodrome in January and February.



Successful changes to our instructor application process encouraged our largest number of applications to date, 38 people for 10 school jobs.




Since May, our team consolidated the curriculum, filmed the key movements and games, and created a 2hr eLearning module designed to help instructors get started.



iRide eLearning Course

START COURSE DETAILS



CYCLING BC

At iRide, we believe that all children should have the opportunity to master basic cycling skills and overcome challenges together with their friends. To do this, Cycling BC brings bicycles and helmets to schools in major population areas and helps start new after-school programs in all of our province's 8 regional zones.

Matching our key movements and games with the well known trail system ratings...

MASTER LIST (as of October 28th, 2020)		
(Functional Movements & Games - Page 1)		
Part A	Part B	Part C
<p>Braking</p> <ul style="list-style-type: none"> ★ Walk & Drag (Rear) ★ Walk & Pop (Front) ★ Run & Stop (Both) ● Brake & Tripod ● Brake & Lean ● Pedal Kick ■ Pedal & Brake ■ <u>Slow'n Go</u> (Seated) ■ <u>Stop'n Go</u> (Seated) ◆ Emergency Braking ◆ Standing <u>Stop'n Go</u> ◆ Stand & Descend 	<p>Slow-Speed Turns (Vision)</p> <ul style="list-style-type: none"> ★ Scanning ★ Point Chin & Belly Button ★ Look & Turn <p>Slow-Speed Turns (Legs)</p> <ul style="list-style-type: none"> ● Seated Kick & Turn ● Seated Foot Tap & Turn ● Standing Kick/Tap & Turn 	<p>1-Hand Riding</p> <ul style="list-style-type: none"> ★ Twinkle Fingers ★ One Hand...up down ★ Wave High ● Tap Head ● Right Hand Out ● Left Hand Out ■ High Five ■ Grab & Toss ■ Tap Your Knee ◆ Low Five ◆ Tap Your Foot ◆ Super Low Five

and creating fun stickers to award children as they move through our 5 skill levels.



During the summer and autumn months, a few community programs cautiously returned in Abbotsford, Nanaimo, and brand-new programs in Terrace.



We also had great success in helping community and youth club coaches complete their NCCP coach training, with 24 events and 164 new coaches.



In August, our 3rd annual iRide Leadership program expanded from 5 days to 4 weeks.

Our 7 teenage graduates completed the NCCP community program in August and spent five days riding and teaching one another in early September.



An iRide grant helped participants like Parks Boullier travel from as far as Nelson, BC.

This autumn featured a new partnership with [Spirit North](#), bringing NCCP coach and iRide instructor training to local sport leaders working with First Nations participants.



Our visit to Hazelton helped 10 new coaches get started and power 3 new programs.



Covid-19 protocols were used to help us successful visit Quilchena Elementary in early October and run both our 3-day skills program and a 1-day field trip to a local park.



"iRide builds relationships and life skills in one ride!

For the past three years, the iRide program has come to our Quilchena students. Our students look forward to the 3-day outdoor program with the highly skilled instructors Coach Cookie and the Count!

The program was a perfect fit with our enhanced health and safety protocols due to COVID19. Our students improved their confidence and skills as bikers in our community. Thank you iRide!"

- Kirsten Wallace, Principal, Quilchena Elementary

Cycling BC is now in the process of partnering with Cycling Canada to share our iRide skills curriculum and instructor training, and help other provinces get started.



About

HopOn is a games-based cycling program that teaches school aged kids across Canada the joy of cycling-safely 😊

HopOn expands the hugely successful iRide program developed in BC across the nation.

HopOn programs will be available in nine provinces starting spring, 2020.

HopOn is overseen by Cycling Canada and delivered locally by our Provincial and Territorial partner cycling associations.

So on behalf of our team here at Cycling BC ...



THANK YOU!

For your continued support of physical literacy and youth sport.

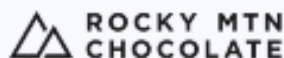
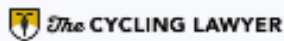
iRide's success over the past seven years has been tremendous.

We would not be here without supporters like you!

Ben Chaddock

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iRide Leadership Program Letter

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September 7, 2020

Ben Chaddock
Cycling BC, Head Coach of Development
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Dear Ben and generous donors and sponsors,

This program was great! I have been a coach for a few years now. Being in this environment with other young coaches like me, allowed me the opportunity to learn with them and see how I can be better by watching their different coaching styles. It was great getting to meet other people my age doing the same things as I am doing but in a different town with a different style of biking than what I am used to. I was planning to do this program with my friend but he ended up getting a job that prevented him from being able to come which almost put me out due to costs. We were planning to share the expenses for gas and hotel in order to make the costs lower for each of us. When my friend let us know he couldn't come, this increased my costs to the point of me likely not being able to attend but then the generosity of the donors and sponsors really made the difference for me and I hope to be able to pay it forward someday as well. I can't express enough how grateful I am for this opportunity. In the end, I am really glad that I was able to do the course and spend the week in Squamish.

Thank you again,

Parks Boutilier