

Virtual Bike Club
Day 1: Introduction to Bike Club

Duration: 45 minutes

1. Saddle Up/Log On: 5 Minutes

Informal welcomes, technological troubleshooting, and capturing attendance.

2. Warm Welcome & Volunteer Connector: 15 Minutes

Have everyone put into chat one word to describe how they feel about Bike Club!

Hub and Spokes (introduction) activity: Faculty sponsor will call on all students (have all other users muted) and volunteers individually to introduce themselves and answer a couple of questions. The speaker is the “hub” and everyone listening is a “spoke” (of the wheel) – that is how we communicate as a group in Bike Club!

- Sample volunteer questions: Where are you from? What do you do for a living? Are you a cyclist? Why are you in Bike Club?
- Sample student questions: Do you ride a bike yet? Without training wheels? What is your favorite color? What are you excited to do in Bike Club?

3. Main Lesson: 5 Minutes

Faculty sponsor and/or volunteer to share what Bike Club will look like this year.

Virtual training will continue for at least as long as school is in a distance learning format.

If TPS resumes in-person learning, we can quickly adjust to “regular” Bike Club.

Share some favorite memories from previous sessions of Bike Club.

Share what you (faculty sponsor, volunteers) are looking forward to about virtual Bike Club (ex. Hearing about Bike Buddy rides).

Bike Buddies: Our on-bike assignments (such as going for a 20-minute ride in a safe riding area or performing a skills drill) will be referred to as “Bike Buddy Assignments.” Although not required, we encourage students to complete on-bike activities with an adult, friend or sibling. All “Bike Buddy” assignments should be done in a safe area to ride.

Having access to a bike is not a requirement to join Bike Club.

4. Supplemental Activity/Demonstration: 10 Minutes

Establishing rules for your club, also referred to as a Club Charter.

Use the Club Charter template in the Related Resources to document your “club rules”. Faculty sponsor should moderate discussion while one volunteer compiles the rules.

If they are not suggested by students, be sure to add:

- We ALWAYS wear our helmet in Bike Club.
- We treat everyone with respect and dignity.

5. Bike Buddy Assignment: 5 Minutes

Ask students to write down answers to a few questions that will give volunteers a better sense of bike access/skill of club members, such as 1) Do you have access to a bicycle? 2) Do you know how to ride a bicycle? 3) Do you have someone to ride with 4) Do you know of any safe places to ride (park, school, trail)?

6. Optimistic Closure: 5 Minutes

Ask students to share one thing they are excited about for Bike Club!

- Give students a minute to reflect on the question.
- Ask students to share in group discussion, in the chat or in breakout sessions.