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MOTHEO DISTRICT MUNICIPALITY CYCLING DEVELOPMENT PROGRAMME

**TOKA PRIMARY SCHOOL
BOTLEHADI PRIMARY SCHOOL
FREEDOM SQUARE**

2010

DEVELOPMENT PROGRAMME

“SCHOOL CHILDREN ON BICYCLES”

TOKA PRIMARY SCHOOL BOTLEHADI PRIMARY SCHOOL FREEDOM SQUARE BLOEMFONTEIN

AIM OF THE PROJECT

To establish abovementioned project and to continue implementing a STRUCTURED PARTICIPATION PROGRAMME in the schools in the Townships around Bloemfontein and in the area of the Motheo District Municipality. This project will run for 6 months (December to May 2010). A development officer will be appointed to run this programme. To get bicycles and equipment donated to keen cyclists.

PARTICIPATION

To reach the children in the townships and motivate them to take part in a unique fun ride in May 2010. Our aim is to host an event with 1000 children, starting at the Seisa Ramabodu Stadium in Bloemfontein. The disadvantaged school children will be allowed to take part in this event free of charge.

GENERAL

We believe there is a huge demand at schools to host cycling activities and we want to take cycling to Primary schools in the Motheo District Municipality with this programme. There are many children out there that could benefit greatly from this project, but who cannot afford it.

The benefits of presenting the programme go much further than just being beneficial to the kids who participate. The programme also addresses cycling as a SAFE MODE OF TRANSPORT.

SAFETY

Reaching entire communities through the schools involved and educating kids about road safety at an early age will hopefully lead to fewer accidents involving cyclists on our roads. Raising general awareness in communities will go a long way in making it safe to cycle.

JOB OPPORTUNITIES

Various job opportunities are created for coaches, instructors and mechanics.

DEPARTMENT OF EDUCATION – INVOLVEMENT

1. Identify 2 primary schools
2. Introducing the “SCHOOLCHILDREN ON BICYCLES” project
3. Involvement of the Headmaster of the school

4. Involvement of the Teacher in the school
5. Organize coaching classes and presenting lectures at the school
6. The Principle to make his facilities available for this project

GENERAL

LEARN ABOUT YOUR BICYCLE

To educate the schoolchildren about the working parts of a bicycle and to teach them how to service and repair their own machines.

MEANS OF TRANSPORT

Most school children in townships have to walk long distances to school. They have limited prospects and few opportunities and that is why walking is their only mean of transport.

PARTICIPATION IN OTHER SPORTS

To provide the students with bicycles, will enable them to reach their school faster. Students will also be able to participate in more sport, as they have a means of proper transport to reach their practices.

ARRIVE ALIVE

Cyclists who are involved in road accidents seldom come off unhurt. Often the consequences are serious injuries, or even death. It is therefore essential that you apply attentiveness, care and knowledge in the traffic situation so that potentially dangerous situations can be avoided.

As a cyclist you have certain rights, but at the same time there are also specific duties and rules which you have to follow to ensure your own safety.

Your bicycle is classified as a vehicle. Therefore it must be kept in a roadworthy condition.

ROAD SAFETY

Children on bicycles should know and practice the correct hand signals and use them timeously. Most cycling accidents happen when cyclists do not give the correct signals in good time.

After dark the cyclists must use a light which must be fitted to the front of their bicycle

NUTRITION

Children on bicycles must eat the right food before go out cycling. If a cyclist is riding in an event, he/she should have a water bottle on his bicycle and drink enough water to avoid dehydration.

CYCLING GEAR

It is essential for every cyclist on a bicycle to wear protective headgear. There is a rule "no helmet – no ride" which has to be implemented. Children should wear shoes when cycling.

For more details please contact: Executive Director – Social Development, Ms Mosia at 05 – 407 3267 email: vivian@motheo.co.za.