* **Subject:** e.g. -Intro to Track – Helmet Fit & Bike Check.

* **Group:** e.g. **-** Intro to Track Instructors, HoC.
* **Level:** e.g. **-** Novice through to experienced.
* **Aim:** e.g. **-** To enable participants to safely & effectively conduct an Intro to Track Course.

* **Objectives: -** By the end of the lesson students should be able to;

Example -

* + - 1. Identify & select an appropriate standard of helmet and bike
      2. Understand the correct method to fit a helmet
      3. Conduct an ‘ABC’ and/or ‘M’ bike check
      4. Competently deliver the above to individuals or groups of track cyclists

* **Equipment: -** Helmets, bikes, tools, rags, hand-cleaner.
* **Time:** e.g. **-** 0845 – 0930 (longer sessions will need a timeline).
* **Introductions:** - Include Ice Breakers and Knowledge Checks.
* **Group management:** - Ground rules and initial briefing.
* **Content: -** Sequential break-down of session including activity.
* **Conclusion/Wrap Up: -** Usually knowledge checking and briefly revisiting the content.