



SPROCKIDS PROGRAM GOALS, STANDARDS AND EVALUATION

WHAT IS SPROCKIDS?

Sprockids is an instructional program designed to engage young people in mountain biking. Cycling provides a positive focus for youth, develops self-esteem, provides kids with a strong sense of community, and introduces them to a healthy active lifestyle. The program teaches off-road skills through drills, games, and fun activities; while tracking individual progress. Sprockids leaves no kid on the sidelines, cyclists of all abilities are celebrated and invited to participate. Sprockids was founded almost 3 decades ago in Canada by elementary educator Doug Detwiller; and now operates in 19 countries. Andrew Poole, Physical Education Specialist and PN Council Member is the only Certified Sprockids Course Trainer in Newfoundland and Labrador.

GOALS:

- To provide an opportunity for students to learn 4 skill areas for cycling: Safety, Etiquette, Riding Skills and Bicycle Maintenance.
- Teaching life skills – goal setting, problem solving, decision making.
- Using cycling to develop a healthy, positive attitude and teach learning as a lifelong activity.
- Promote positive values – respect for others, empathy, appreciation, community, and responsibility for the environment.

CRITERIA:

- a) Schools must be at least a Level 1 member of School Sports NL (SSNL) to apply for program funding. Once the application is approved the School must become a Full Member of SSNL.

- b) At least one Teacher has to complete the Sprockids Leadership Training.
- c) Schools must deliver the program in the after school time slot (3pm-6pm).
Special events may occur during school time or on weekends.
- d) Upon start of the program, leaders must submit participant registration numbers to SSNL
- e) Schools must commit to a minimum of 8 program sessions outlined in the 8 week Sprockids program manual.

PHOTO, VIDEO, AND LIVE STREAMING POLICY

School Sports NL programs and services will adhere to the photo, video, and livestreaming policies as outlined by NL Schools. Each parent/guardian enrolled in the public school system is required to complete a Media Consent Form (Photography, Audio, Video, Media and Social Media) on behalf of their child.

The schools must inform the PN Facilitator organizing a Sprockids program and provide information on any students who should not be photographed or recorded on video/livestream.

FUNDING:

If a Leader requires Sprockids Training the School will receive \$750.00 in Year 1 . If the School already has a trained Leader then \$1000 is allocated. This funding is for a Leader Bike, and/or program equipment. For every consecutive year the site will receive \$500 towards maintenance or course materials providing evaluation and program criteria were met in the previous year.

EVALUATION:

Leaders will complete a basic questionnaire at the end of the program asking questions regarding their experience, use of manual, and general feedback.

MANDATORY TRAINING:

School Sports NL has implemented a policy whereby all those involved with SSNL programs must complete two free training courses offered through The Locker - Safe Sport and The Rule of Two. ALL PN facilitators, volunteers, instructors coaches and staff must complete the following training:

Safe Sport: <https://coach.ca/sport-safety/safe-sport-training>

Rule of Two: <https://coach.ca/responsible-coaching-movement/rule-of-two>