

**BECYCLIST - BICYCLE SKILL DEVELOPER SCHOOL
PROGRAM AND TOOLS**

BECYCLIST



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7' BESTRONG





THE PRESENT OF EVERYDAY CYCLING

Cycling is in its prime today. We often encounter this statement; however, a deeper look at the statistical data confirms the unanimous opinion of experts in transport policy and sports across different countries and the EU: the mobility, sports, and recreational potentials inherent in cycling is far from being fully utilized.

BUT WHY ISN'T CYCLING MORE POPULAR?

- Cycling has been absent from the lives of several generations
- In a fast-paced lifestyle, cycling is not an obvious commuting alternative
- There aren't enough secure bicycle storage facilities
- The weather is very variable and diverse

It is clear that something is missing—a link that could bring a breakthrough in this area. Recognizing and scientifically proving this missing link reveals, that parents lack confidence in their children's traffic cycling skills. Therefore, parents need to see proof that their child can cycle, need to build trust, and need to be convinced that cycling is a safe form of transport! A 2024 study supported this idea. It examined that learning cycling and road safety skills, and demonstrating them to parents, can directly increase the number of school-aged children who cycle regularly.

MISSION

All school-aged children should acquire the necessary bicycle handling and traffic safety knowledge at school to ride safely and demonstrate these skills to their parents. This is the purpose behind the BECYCLIST program, which includes the needed equipment, and the educational methodology.



INTRODUCTION

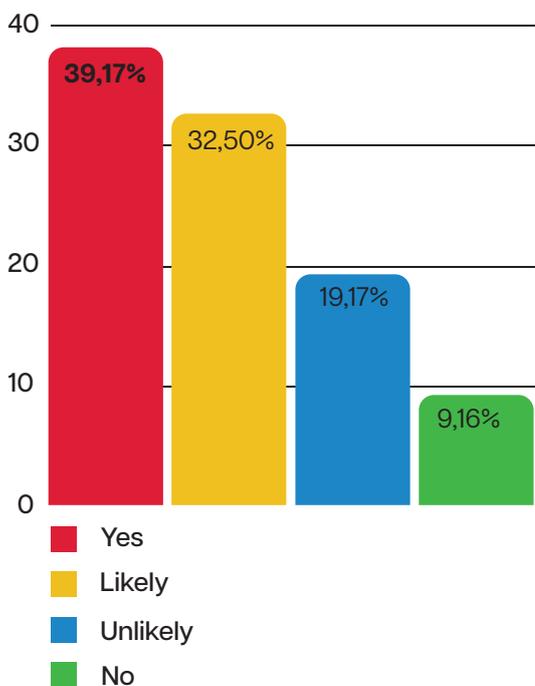
I am Judit Kovács, a multiple-time Hungarian Champion cyclist. I have a BSc in Sports Management and am currently in my final year at the Hungarian University of Sports Science, studying in the Faculty of Cycling Coaching. Alongside my studies, I work as a coach. I am committed to the education of the next generation of cyclists. I often experience the unique and thrilling process of watching parents anxiously observe their children's first cycling training session. Each time, I am pleased to see that the level of worry and lack of trust diminishes in direct proportion to the young athletes' daily improvement in cycling skills. After a year, parents almost naturally trust that their children can confidently manage the most difficult and complex cycling situations in both training and competitive environments, thus allowing them to cycle in everyday traffic without hesitation. I successfully explored this realization in my BSc thesis. Building on these experiences and research findings, my colleagues and I developed the BECYCLIST program, which includes the designs for the necessary technical elements and the program's methodology. We partnered with BESTRONG, the leading functional sports equipment manufacturer in Hungary, to develop and produce these tools.



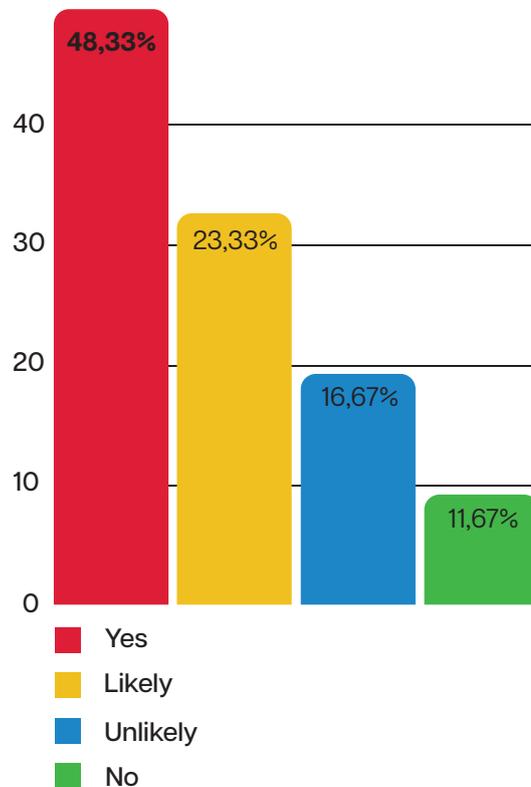
BESTRONG, the manufacturer of the BeCyclist elements, has over 20 years of experience in creating high-quality, TÜV-certified sports equipment, specialized design, manufacturing, and installation of sports parks, fields, and outdoor solutions. Certified products meet the highest standards, providing safe and durable solutions for active lifestyles.

KEY QUESTIONS OF THE RESEARCH

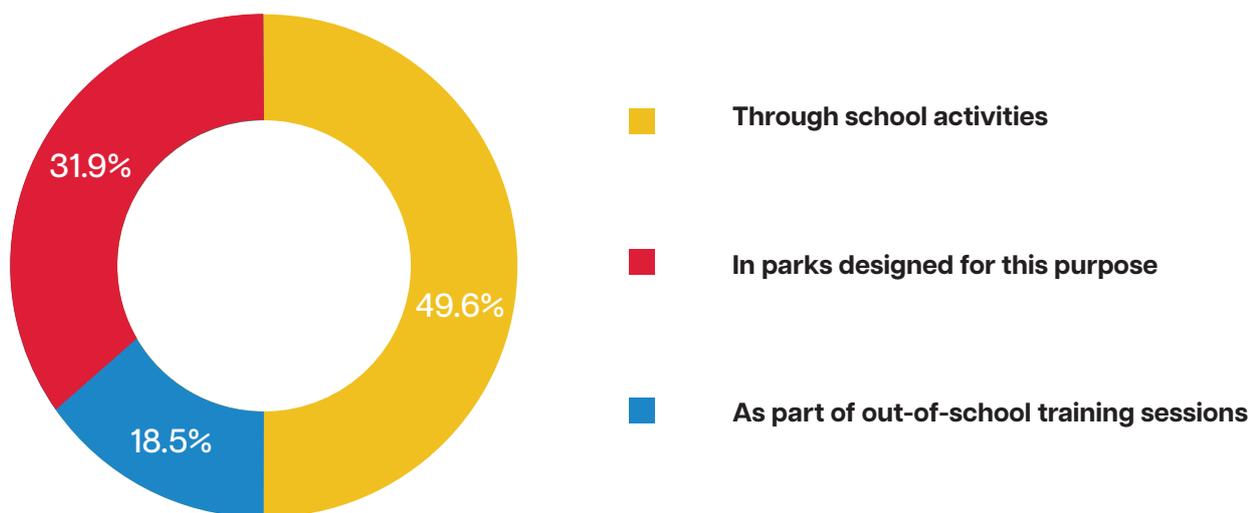
Would the parent allow their child to ride a bicycle alone if the child had adequate basic cycling skills?



Would the parent allow their child to ride a bicycle alone if the child had adequate road safety knowledge?



Where should skill development take place?



Scientific conclusion

During the analysis of the research results, it was proven that, although there are statistical differences, parents across all types of settlements and residential environments are more willing to allow their children, particularly those aged 12–15 who possess a higher degree of autonomy due to their age, to commute to school by bicycle and use bicycles for transportation. This willingness increases if the children are taught basic cycling skills and receive road safety education in a structured and organized manner, ideally within a school framework and as part of the curriculum.

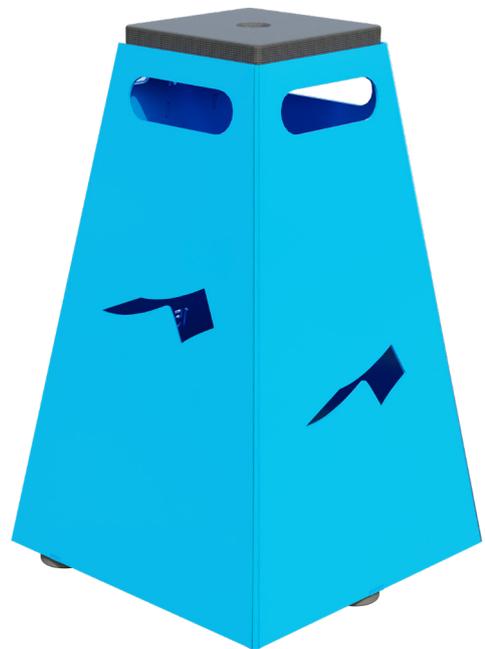


BECYCLIST WAVE

The **BECYCLIST Wave** is a practice course element designed to enhance cyclists' precise control and safety skills. This module provides training for riding within a specific lane width, as well as for navigating uneven road surfaces and speed bumps. Additionally, it helps cyclists maintain proper following distances. The purpose of the Wave is to enable users to travel more confidently and safely in various road conditions and situations.



BECYCLIST CONE

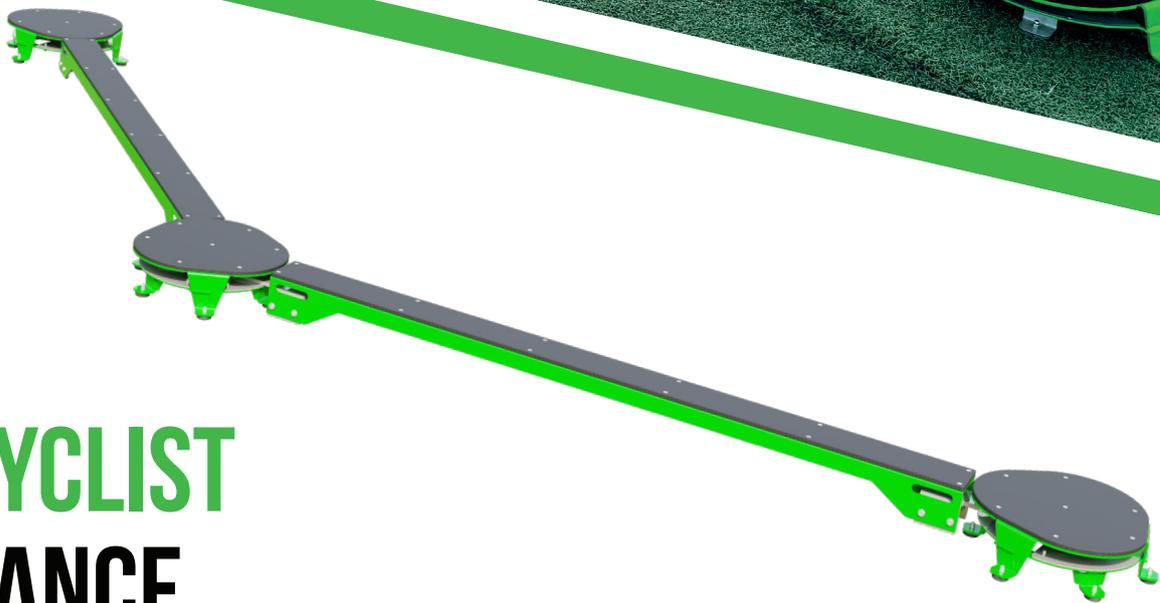


The **BECYCLIST Cone** is a complex training course element that develops various cycling skills. This module includes stopping and braking at a designated line, changing direction by maneuvering around cones, and riding with one hand off the handlebar to steer. Additionally, the element aids in practicing jumps to avoid accidents or falls, as well as mounting and dismounting curbs perpendicularly or at different angles at high speed. The purpose of the Cone is to help cyclists navigate everyday traffic with confidence and safety.



BECYCLIST BALANCE

The **BECYCLIST Balance** is a specialized training course element focused on enhancing balance and precise bicycle handling skills. This module enables cyclists to practice mounting and dismounting curbs perpendicularly or at various angles at low speed, as well as navigating narrow paths in a straight line or with directional changes. The purpose of the Balance is to help users maintain confidence in their balance and control of their bicycles in everyday traffic.





BECYCLIST DROP



The **BECYCLIST Drop** is a specialized training course element that helps cyclists master jumping techniques to prevent accidents or falls. This module also enables cyclists to practice mounting and dismounting curbs perpendicularly or at various angles at high speed. The purpose of the Drop is to ensure cyclists can handle these situations confidently and safely in everyday traffic.



METHODOLOGY

User guide for equipment

Each piece of equipment requires the clear presence of trained or supervising staff for setup and use. The guide outlines the skills to be developed and tasks, accompanied by photo illustrations. The equipment can be arranged in different sequences, with the guide providing details on possible setups, safe spacing between equipment, directional changes (including the angle of BALANCE equipment), and the direction of movement.

Safety requirements

- Helmet use
- Restrictions for use in snowy or icy conditions

Training for instructors and supervisors

In schools, physical education teachers, supervising staff during breaks, and after-school instructors are trained when the equipment is installed at the school. This training includes practical demonstrations, methodological knowledge, and safety procedures.

Demonstrating cycling skills and road safety knowledge to parents

This aspect is critical to the program's success. Parental trust in their children's cycling skills and road safety knowledge can only be built if they see the acquired skills in action. The primary means of demonstration is a school-organized showcase, where students demonstrate the full range of skills they have acquired. In Debrecen, a city or school family day held at the VeloPark provides an ideal setting for this demonstration.



