

Confidence on Wheels Programme Components and Training Circuit for (i) Adults, (ii) Tertiary and Secondary School Students and (iii) Primary School Students

Participant groups	Key Elements*
Adults	<ul style="list-style-type: none"> - CW introduction with the screening of an 8-minute video on key AM rules and guidelines - Practical training stations: <ul style="list-style-type: none"> • S-course • Straight line • Avoiding Overhead obstacles • Balancing • Emergency Brake - Scenario-based discussion
Tertiary and secondary school students	<ul style="list-style-type: none"> - CW introduction with the screening of an 8-minute video on key AM rules and guidelines - Pre-ride checks for bicycles - Scenario-based discussion - Practical training stations: <ul style="list-style-type: none"> • Straight line • S-course • Braking and Balancing • Cornering in a figure of 8 - Short quiz/debrief
Primary school students	<ul style="list-style-type: none"> - Introduction of CW with a 15-minute demonstration to introduce types of AM devices, types of paths, and key gracious riding behaviours - Circuit with basic device handling training such as S-course and straight line, and mock-ups of key path infrastructure such as bus stops, road crossings. - Debrief

*** Description of Key Elements**

Key elements	Description
Pre-ride checks for bicycles	Participants will learn how to carry out simple checks on their devices, as well as what are the device criteria to take note of.
Scenario-based discussion	Trainers will bring participants through different on-road* and on-path scenarios (such as how to overtake safely on paths and roads) and facilitate discussion on what participants should do to ensure safety. This segment will also test their understanding of Active Mobility rules and guidelines. *For younger students, focus will be on path, rather than road scenarios.

Straight line	Simulates situations where participants need to stay left on paths for others to pass safely, or to look out for motorists before switching lanes on the road.
S-course	Simulates situations where participants have to navigate through obstacles or overtake other path users safely and look out for blind spots.
Avoiding Overhead obstacles	Simulates situations where participants may need to ride along paths paved with overgrown vegetation.
Balancing	Test braking and balancing skills when navigating through crowded places such as bus stops and traffic crossings without falling or losing balance
Emergency Brake	Test ability to anticipate unexpected situations and how to E-brake safely
Cornering in a figure of 8	Test device handling skills when navigating through tight turns and corners.