
Wheels and Walks Training & development support

Table of Contents

Wheels and Walks Training & development support.....	1
Who training can be for.....	4
Overview of training and development opportunities	5
Walking.....	5
For leaders:.....	5
Living streets walk leader training:.....	5
Rambles: Walk Leadership Foundations Course:	6
Lowland leader award	7
Planning a walk: Mountain training e-learning	7
Nordic walking instructor	7
For participants:	8
Mountain training e-learning:	8
Hill skills course- 2 days	8
Nordic walking skills + walks sessions	8
Cycling.....	9
Cycle training for leaders:	9
TfGM Ride leader training	9
Cycling UK Group leader.....	9
Cycling UK Club leader	10
Off-road leader award	10
British Cycling Activator Award	10
Maintenance training for leaders.....	11
TfGM's courses:.....	11

City & Guilds Level 2 in Bicycle Mechanics	11
Cycle training for participants:.....	12
TfGM's courses:.....	12
Bikeability	12
Maintenance training for participants/all.....	12
TfGM's courses:.....	12
Map reading skills for all:	12
First aid courses:.....	14
Other safety training:	15
Wheeling	15
Accessibility & Inclusive Practice	15
Other training opportunities	16
How to Access Support	16

As part of the Wheels and Walks programme, groups have access to training and development support designed to help you build skills, confidence and capacity within your organisation. The aim is not simply to fund courses, but to help groups develop the knowledge, leadership and expertise needed to deliver high-quality walking, wheeling and cycling opportunities now and into the future.

Training can support leaders, volunteers, future volunteers, participants and wider staff teams. Whether you want to improve safety, develop new activities, attract more people, strengthen inclusion, build volunteer confidence or plan for the future, there may be training that can help.

We encourage groups to think creatively about their needs. Training doesn't just have to mean first aid, walk leading or bike maintenance. It could involve accessibility and inclusion, communications and promotion, community engagement, volunteer development, project planning, monitoring and evaluation, safeguarding, or building confidence to reach new audiences.

Not sure what you need?

Some of the best training requests start with a challenge rather than a specific course:

- "We need more volunteers."
- "Our leaders lack confidence."
- "We want to engage more women."
- "We'd like to support disabled participants better."
- "We need help promoting our activities."
- "We want to collect better feedback."
- "We'd like participants to become volunteers."
- "We're thinking about starting rides or walks in new locations."

We can help you explore options and identify the support that will have the greatest impact on your project. You do not need to know exactly what training you want before starting the conversation.

Process to request training:

Step 1: Have a Conversation

Speak with Wheels and Walks contact about your project, your aspirations and any skills, knowledge or support you would like to explore. (email wheelsandwalks@tfgm.com)

Step 2: Submit a Training Request

Once you've discussed your ideas, complete a Training Request Form and we'll work with you to identify and arrange the most appropriate support.

[FIND THE FORM HERE](#)

Who training can be for

Training and development opportunities can support different people involved in a Wheels and Walks project.

Training may be suitable for:

- **Group leaders**

People who are responsible for planning, organising or overseeing the group's walking, wheeling or cycling activities.

- **Existing volunteers**

People already supporting delivery who may benefit from additional confidence, skills or formal training.

- **Future volunteers**

People who are interested in becoming more involved but may need support before taking on a delivery role.

- **Participants**

In some cases, training may be appropriate for the people taking part in the activity itself. For example, cycle skills, road confidence, basic maintenance or confidence-building sessions may help participants take part more safely and independently.

- **Wider organisational staff**

For some groups, training may support paid staff, trustees or wider team members who help with safeguarding, communications, project coordination, monitoring, engagement or volunteer support.

Overview of training and development opportunities

The examples below are not exhaustive. If there are other courses you are interested in, please talk to us!

Walking

For leaders:

Living streets walk leader training:

The Walk Leader Training session is a full day, in person session delivered by Living Streets.

The training designed to help attendees feel confident taking on the role of a Walk Leader.

The day starts with a led walk demonstrated by a member of the Living Streets team. The rest of the session will take place inside and be facilitated through a PowerPoint presentation, covering top tips and information on things like planning suitable routes and risk assessing.

We recommend that the session is most suitable to those who are new to leading walks and are beginner level and want to build their skills and confidence to start leading walks

Up to 12 people per course. Can be delivered at your venue for your group, or there may be options for an open enrolment course.

Good fit for groups who:

- Are starting a new led walk.
- Are new to walk leading and nervous
- Need more volunteers to help lead walks.
- Want to support people with low confidence.
- Work with older adults, disabled people, people with long-term health conditions, families, women-only groups, newly arrived communities, or people who may face barriers to walking.
- Want to make their walks safer, more structured or more sustainable.
- For people who learn best face to face

Every journey. Every day.

Ramblers: Walk Leadership Foundations Course:

Walk Leadership Foundations by the Ramblers is an online course that will give you the skills and knowledge to lead group walks with confidence.

In this interactive course, you'll hear from experienced walk leaders about what makes a great walk, get tips on how to plan and map your route, learn how to handle some of the scenarios you might face on the day and get tips on how to keep your group safe and happy.

Over 99% of learners say they feel confident leading walks after taking this course.

What you'll get

- Access to the online Walk Leadership Foundations course. Gain inspiration for leading a great walk, be prepared for risks you may encounter whilst out walking and test your knowledge with interactive quizzes.
- Online certificate for you to download.
- Walk Leader check-list – a handy tool for you to plan walks.
- Risk assessment template – a useful guide for planning a new walk and thinking through the risks and hazards that may occur to keep your group safe.
- Regular webinars to share your questions and chat to others interested in leading walks.

The course is arranged into useful bite-sized modules, so you can complete the course at your own pace. Your progress will be saved as you go along - so you don't need to worry about losing your place!

The course takes around 90 minutes to complete.

Ideal for:

- Someone new to walk leading who wants bite sized chunks of information
- Someone who doesn't want to travel for training/has other access needs or time restrictions
- Someone who wants training soon, not waiting for a Living Streets course
- Someone who will be planning more adventurous walks- e.g. in the countryside.
- Someone who learns best in bite sized pieces.

More info: [Walk Leadership Foundations Course](#)

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Lowland leader award

Lowland Leaders take groups of walkers into the countryside so they can experience the benefits of the great outdoors. The qualification is suitable for new or experienced hike leaders.

2 day training and 2 day assessment.

Pre requirements for personal walking experience- 10 days logged for training, 20 for assessment.

Ideal for:

- Someone who needs a recognised qualification for insurance purposes
- Someone leading countryside walks
- Someone who can commit to a longer period of training, practicing and an assessment.

More info: [Lowland Leader](#)

Planning a walk: Mountain training e-learning

Helps guide you through the process of planning amazing walks. It aims to give you the skills to be independent in your adventures on your own or with participants.

Ideal for:

- Someone at the beginning of their walk leader journey
- Someone whose keen to learn as much as possible from different sources
- Someone who wants a top up to their knowledge/CPD/refresher.

More info: [E-learning](#)

Nordic walking instructor

Instructor qualification to be able to teach beginners to Nordic walk.

“The Nordic Walking Instructor Course is designed to give you the skills, confidence and practical experience to teach Nordic Walking successfully. We don’t just show you *what* to teach, we focus on *how* to teach it in a way that is clear, engaging and enjoyable for every walker. You’ll learn how to introduce Nordic Walking to complete beginners, how to support and motivate mixed ability groups, and how to progress more experienced Nordic Walkers with confidence.”

Every journey. Every day.

The course includes our easy to follow 10 Step System, technique drills, fun group exercises, warm ups and stretches using the poles, plus plenty of practical teaching tips you can use straight away. By the end of the course, you'll feel ready to deliver safe, effective and inspiring Nordic Walking sessions.

Online learning + 2 days in person course- Likely to require travel outside of GM to attend training.

[Become a Nordic Walking Instructor – British Nordic Walking](#)

For participants:

Mountain training e-learning:

- How to navigate online e-learning
- Planning a walk
- Geology

[E-learning](#)

Hill skills course- 2 days

A Hill Skills course is a great way to learn more about hiking in the hills, including essentials such as navigation techniques and how to plan a great route.

Ideal for:

- Groups who want to inspire and equip participants with knowledge and skills to walk more in the outdoors

[Hill Skills](#)

Nordic walking skills + walks sessions

[Marion Endt-Jones - NordicFit+ – British Nordic Walking + other providers.](#)

Cycling

Cycle training for leaders:

TfGM Ride leader training

One day, small group training to help leaders understand what ride leading involves and how to plan and prepare for group bike rides

Ideal for:

- People new to ride leading
- Groups who want a bespoke course
- People who want a refresher or confidence boost

Find out more: [Cycling skills and bike maintenance courses | TfGM Bee Active](#)

We can organise a bespoke course for your group, or enrol you in one of our open courses.

Cycling UK Group leader

Learn the skills to lead a group ride on road, paths and byways. By the end of this course you will have experience in managing a group of riders through traffic.

During the course you will:

- Learn how to assess participants and boost their confidence
- Try different approaches to ride leading
- Learn about route planning
- Develop ways to assess and manage risk, and deal with incidents if they do happen
- Review and reflect on your rides

e-learning followed by a half day assessment.

Ideal for:

- Groups who want a qualification from a recognised body.

[Group Leader | Cycling UK](#)

SIMILAR COURSE- ideal for if a group only has one or two people needing training: [Ride Leadership Award Level 1](#)

Cycling UK Club leader

The Club Leader course is perfect for people who take out club runs and would like some further training and development in the core principles of leading rides. The course has an engaging mix of practical and theory, with a simulated club ride and practice in leading different types of groups.

One day training

[Club Leader | Cycling UK](#)

SIMILAR COURSE- ideal for if a group only has one or two people needing training: [Ride Leadership Award Combined](#)

Off-road leader award

This award is ideal for anyone keen to lead groups through mixed terrain, from gravel paths and urban fringes to the open countryside and most blue trail centre routes. Whether you're boosting existing rides with training and insurance or starting something new for your school, activity centre, or friends, the Off-Road Leader Award gives you the skills and confidence to make it happen.

3 hours of e-learning + 2 days in person training and assessment.

Ideal for:

- Groups who want to do off road rides e.g. forest tracks, bridleways

[Off-Road Leader Award \(Fundamentals\)](#)

British Cycling Activator Award

This is a new British Cycling Award, which is designed to enable Activators to engage individuals, groups, and communities in entry-level cycling activities in a contained traffic-free environment (park, playing field, sports court etc.). Providing the basics of delivering fun and engaging community cycling activity on non-technical terrain (flat / gentle gradient).

The training includes online safeguarding and risk assessment learning

Ideal for:

- People new to ride leading
- People who plan to lead rides in contained traffic-free environment (park, playing field, sports court etc.).

Maintenance training for leaders

TfGM's courses:

- Basic Maintenance sessions: for you if you want to learn to check your bike and fix punctures ([see dates and venues](#))
- Intermediate Maintenance sessions: for you if you want to learn to adjust gears, inspect cables and maintain the chain ([see dates and venues](#)) -ideal for group leaders/people new to maintaining a fleet of bikes.
- On the Move Maintenance sessions: for you if you want to learn how to deal with repairs that might be needed on a group ride ([see dates and venues](#))

Can be offered as a bespoke, group specific course or open enrolment.

City & Guilds Level 2 in Bicycle Mechanics

The courses last for **10 days** and provides a significant foundation in cycle maintenance making it suitable for people working in bike retail outlets, bike recycling schemes, bike hire schemes and anyone wanting to fully maintain their own bikes.

It's ideal that you have a level of basic bike maintenance experience from either working on you own bicycles or those of friends. We'd expect trainees to understand how a bike works, what the various parts are called and how to use general tools.

Ideal for:

- People who oversee maintaining a fleet of bikes
- People who are keen to upskill and progress with working/volunteering in the cycling industry
- People who have a significant amount of time to spend training- 10 full days.

[BikeRight · City & Guilds Level 2 in Bicycle Mechanics](#)

Cycle training for participants:

TfGM's courses:

- Complete beginner cycle training.
- Confidence builder sessions.
- Using quiet roads.
- Riding in traffic.
- Family cycling.
- Learn to use Starling Bikes

[Cycling skills and bike maintenance courses | TfGM Bee Active](#)

Bikeability

Bikeability is the nationally recognised cycle training programme for school children. It's about acquiring the practical skills to cycle safely and with confidence on today's roads. Bikeability is split in to several levels or modules including learn to ride.

[BikeRight · Bikeability](#)

Maintenance training for participants/all

TfGM's courses:

- Basic Maintenance sessions: for you if you want to learn to check your bike and fix punctures ([see dates and venues](#))
- Intermediate Maintenance sessions: for you if you want to learn to adjust gears, inspect cables and maintain the chain ([see dates and venues](#))
- On the Move Maintenance sessions: for you if you want to learn how to deal with repairs that might be needed on a group ride ([see dates and venues](#))

Can be offered as a bespoke, group specific course or open enrolment.

Map reading skills for all:

Online learning

These simple beginner's guides will teach you the basics of map reading so you can learn how to read a map. The guides include a selection of short videos to help you brush up on your map reading skills.

[Map Reading Skills – Beginner Guides – OS Maps Discover](#)

First aid and safety training

First aid courses:

First aid is one of the most commonly requested training areas. It can help group leaders and volunteers feel more confident responding to incidents during walks, rides, events or community sessions.

NOTE: some qualifications or insurance will have requirements for what level of first aid is required.

All of these course can be offered as a bespoke courses for 12 people delivered at your venue, or enrolment on any open courses.

Emergency first aid at work

1 day course- Covers basic First Aid – including CPR, choking, heart attacks, strokes, bleeding, broken bones, burns, fainting, surveying, seizures, shock, unconsciousness + more

Includes full accredited certification, valid for 3 years. Ofqual certification available

Ideal for most groups- giving confidence to deal with emergencies.

Basic life support

3 hour course covering basic lifesaving tips: CPR, unconscious casualties, accident management, choking, and defibrillator training.

Mental health first aid

1 day course. Mental Health First Aid course, approved by the FAIB (First Aid Industry Body) and CPD Certification Service, you'll gain a deep understanding of mental health issues and gain the confidence to step in and assist those in distress.

16-hr Outdoor first aid course:

2-day, for people delivering outdoor activities and going to places where an ambulance wouldn't be able to drive to.

We suggest people take this quiz to find out what course is right for them.

[First Aid Courses Manchester - Manchester First Aid Training](#)

Other safety training:

Safeguarding- 3hr course

Essential training for people working with vulnerable adults and young people.

Wheeling:

Scootability Training

Scootability is a scooter skills programme designed to help children and adults ride safely and confidently. Training covers practical riding skills, safe pavement use, road awareness and consideration for other users, with sessions delivered by qualified instructors.

Ideal for:

- Groups delivering wheeling or scooter activity.
- Children and young people developing confidence and road awareness.
- Community groups looking to introduce safe scootering as part of active travel activities.

More info: [Scootability™ | Training](#)

Accessibility & Inclusive Practice

Training can help organisations better understand barriers to participation and develop more inclusive approaches to delivery.

Examples of training available:

- Disability awareness
- Inclusive cycling and walking provision
- Communication and engagement skills
- Neurodiversity awareness
- Accessible activity design
- Reaching underrepresented communities

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Communications & Community Engagement & management

A range of development opportunities may be available to help strengthen communications and community engagement. Training can also help strengthen the wider organisation, develop new ideas and build long-term sustainability beyond the life of a grant.

Examples of training available:

- Social media skills
- Volunteer recruitment
- Project Development, Evaluation & Sustainability
- Volunteer management
- Project planning
- Funding and bid writing
- Budget management
- Sustainability planning

Other training opportunities

Your training needs not covered in the courses above- lets chat!

Are there other courses you are interested in? -lets chat!

How to Access Support

Step 1: Have a Conversation

Speak with the Wheels and Walks team about your project, your aspirations and any skills, knowledge or support you would like to explore.

Think about:

- What would make your project stronger?
- What would help your volunteers feel more confident?
- What would make your activities safer, more inclusive or more sustainable?
- What new opportunities would you like to create for your community?

Step 2: Submit a Training Request

Once you've discussed your ideas, complete a Training Request Form and we'll work with you to identify and arrange the most appropriate support.

[FIND THE FORM HERE](#)

This budget is about investing in people, not just paying for courses.

We want to help groups build skills, confidence and capacity that will strengthen walking, wheeling and cycling opportunities across Greater Manchester for years to come. Whether you're developing leaders, supporting volunteers, empowering participants or exploring new ideas, we're here to help you make the most of the opportunities available.