

BIKE=ECO FRIENDLY MOVING



Colegio Ruta de la Plata



 www.erasmusenlruta.net

 Ruta de la Plata School

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This project "Think Green, Act Clean" has been funded with support from the European Commission. This publication reflects the views only of the authors "Profesores de Almendralejo, Aydin Yenipazar Merkez Ortaokulu y Gymnasio Agiou Pneumatos", and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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1.-Goals

- 1.- Promoting bikes for coming to school.
- 2.- Promoting outdoors sports.
- 3.- Raising awareness about environmental.
- 4.- Make the activity inclusive.
- 5.- Create a "bike-library" at the school.
- 6.- Clean the environment. Doing plogging.



2.- How to start



- Create a team of teachers who take turns.
- One day a week, students and teachers come and go back by bike or by foot, from a central point in the city that becomes the meeting point.
- It's important to create a communication channel through social media to call the students up and cancel the activity in case of bad weather.
- Get family collaboration.



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3. Expected results

- Create a group of teachers and students that participate regularly.
- Gradually increase the number of participants.



3. Our results



RUTA BICI NOCTURNA SENDERISMO

I RUTA NOCTURNA - IX RUTA SENDERISTA

RUTAS SENDERISTA 7KM

RUTA EN BICICLETA 15KM

CIRCUITO INFANTIL CERRADO EN EL FERIAL

PRECIOS

RUTA SENDERISTA PRECIO POR FAMILIA

3€ AFA Y CLUB DEPORTIVO

4€ AFA

6€ ENTRADA GENERAL

RUTA EN BICICLETA

3€ POR PERSONA

INCLUYE SEGURO ACCIDENTE

*INCLUYE SEGURO DE ACCIDENTES

INSCRIPCIÓN

SECRETARÍA DEL COLEGIO

PIÑERO BIKE

¡¡¡NO OLVIDES CASCO Y LINTERNA!!!!

**ABIERTO
A TODA
LA LOCALIDAD**

**SALIDA EL 12 DE MAYO A LAS 20:30H
EN LA CASETA MUNICIPAL DE LA FERIA**

FINALIZADA LA RUTA HABRÁ UN PICOTEO ENTRE LOS ASISTENTES CON
CERVEZAS Y APERITIVOS A PRECIOS POPULARES

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Tricycles



Bikes



Container



4. How to use the Erasmus funds

TRICYCLE	<ul style="list-style-type: none">• We need to acquire 2 units.
BIKES	<ul style="list-style-type: none">• We need to acquire 2 units.
CONTAINER	<ul style="list-style-type: none">• We have to find a place to keep our bikes safe.

Second hand units are allowed

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PREPARE A BICYCLE RIDE

 Antonio Fernández Casillas



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- 2.- Steps before de ride.
- 3.- Actions on the day of the ride.
- 4.- Roles within the team.
- 5.- Urban or natural surroundings.
- 6.- Cycle march (>50 people)



1.- Traffic Regulations



- An unorganized cycling group < 50 members.
- >51 people = organized march and the competent authorities must be informed of its implementation.
- In Spain, a group of cyclists is considered as one vehicle. When directing the group, you and your team must ensure that you travel together (to be considered a unit) and behave with other traffic as if they are unaware of this rule.



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2. Actions prior to the ride

- Review the itinerary beforehand.
- Call for reinforcements. Ratio 1-8.
- Family communication (review necessary materials...).
- Prepare the equipment (bike, tools, first aid kit...)
- Check the weather forecast.
- Hold a pre-meeting with the team. Be prepared for the worst.
- Review potential conflict points and schedules."



3. Actions on the day of the ride

- Team vests.
- Check students' bicycles, helmets, water, supplies, medicines...
- Remember to go to the bathroom before going out.
- Important pre-ride information.
- Recall safety rules.
- Make pairs and organize.

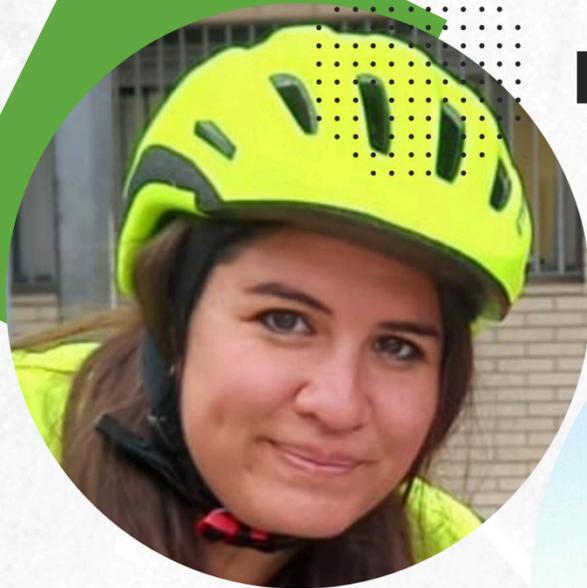




4. Team roles

GUIDE	<ul style="list-style-type: none">• Lead and direct the group
BODYGUARD	<ul style="list-style-type: none">• Various positions.• Different tasks.• Intersections.
DEFENDER	<ul style="list-style-type: none">• Close the group.• Carry the tools.

Bodyguard



Guide



**Full-back
(Defender)**



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4. Urban or natural surroundings

Urban	Natural
<ul style="list-style-type: none">• Special attention to roundabouts, traffic lights and intersections.	<ul style="list-style-type: none">• We can free couples.

- Nobody overtakes the guide.
- Nobody stays behind the defender.
- If there is a detour or the road forks, someone waits at that point.
- On downhills or risky areas, the entire group crosses at the same time.
- You have to plan stops.
- Be careful c



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5. Cycle march

- Have the support of the corresponding administrations.
- Police.
- Civil Protection
- Red Cross.



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THANK YOU FOR YOUR ATTENTION



End

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