



MAKING TRACKS



Ecology Action Centre

ecologyaction.ca/making-tracks
mt@ecologyaction.ca
(902) 442-0209

“Very interactive, positive and created a good learning experience.” - Making Tracks program participant

FREE RESOURCES

Program coordination advice and support.

Teaching tools such as our user guide, program manuals and passports to help you plan, initiate and assess are all on our web site.

Equipment can be borrowed to support your program such as cycling tool kits, and safety gear. We can also help you source your own gear.

Contact the Making Tracks Coordinator
(902) 442-0209
mt@ecologyaction.ca

OUR FUNDERS AND PARTNERS



Bicycle graphic designed by Good Ware from www.flaticon.com

MAKING TRACKS



About Making Tracks

Making Tracks is an active transportation education program. Since its inception in 2008, Making Tracks has trained over 17,000 youth and children throughout Nova Scotia in life-long active transportation safety and skills and over 915 adults and older youth have become leaders of the program. It's fun, hands-on and easy to do. In 2019 Making Tracks partnered with the Halifax Cycling Coalition to help meet the demand for adult cycling education.

Why Active Transportation?

Active transportation is the easiest way to fulfill daily activity requirements, improving health and well-being throughout the course of the day. It's about engaging the body and mind in moving from place to place, not the car. Active transportation is environmentally sustainable, accessible to everyone, affordable and fun.



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PROGRAM COMPONENTS

- Cycling Safety
- Preparedness
- Rules of the road and etiquette
- Technical skills
- Equipment maintenance
- Community route planning

PROGRAM DESIGN THAT MAKES IT STICK!

- Flexible and adaptable to your schedule
- Hands-on, curriculum-linked activities make leading and learning fun and easy
- Step-by-step, experiential learning builds a foundation of knowledge and skills
- Participants mentor their peers, building leadership skills



HOW CAN I BRING MAKING TRACKS TO MY SCHOOL/COMMUNITY/WORKPLACE?

1. Become a trainer (6-8 hours)

Our train-the-trainer program certifies adults as Making Tracks Leaders (MTLs) and older youth as Crew Leaders (CLs) to deliver Making Tracks to others.

Each year that Making Tracks is delivered creates a new cohort of CLs to assist with future program delivery. This model allows you the flexibility to deliver Making Tracks whenever you like.

2. Let us do the training (8-15 hours)

In this model, we provide an expert trainer to directly deliver the full Making Tracks program to children and youth. This is usually run as a multi-week after school or recreation program. This program has the potential to provide CL certification to older youth.

3. Try it out (adapted program)

We provide an expert trainer to deliver an adapted program. This program is flexible to meet your schedule and specific needs. It's a popular choice for schools, recreation centres, workplaces and community organizations and also works well as part of a community event. This program does not provide any certifications.

4. **NEW!** Lunch & Learn (1 hour)

We provide an expert trainer to deliver a Making Tracks Lunch & Learn in the workplace. The skills-based, experiential learning session engages everyone, no matter their level of bicycle experience. Multi-session bookings are also available to best accommodate each individual group.

5. **NEW!** Urban Cycling 101 Adult Cycling Course (4 hours)

Making Tracks has partnered with the Halifax Cycling Coalition to offer frequent urban cycling sessions. This is a fun cycling course designed for people who want to brush up on their knowledge and skills for riding a bike in the city.

Register here:

<https://ecologyaction.ca/urban-cycling>