




# Everybody's Cycling

## Team Building and Networking Packages

Do you need to 

- Motivate and inspire your team?
- Improve communication skills and relationships?
- Resolve conflicts and cope with changes?

**Then try our fun and practical  
cycling events and activities!**

For more information visit  
[everybodyscycling.org.uk](http://everybodyscycling.org.uk)

# How our cycling events and activities benefit your team:

- ✓ **Improve staff health and wellbeing**  
Happier and healthier staff are more likely to stay and increase productivity.
- ✓ **Encourage creativity and innovation**  
Many staff have busy schedules and spend long hours behind a desk. Encourage them to enjoy cycling to clear their minds and develop new ideas.
- ✓ **Create a feeling of belonging and engage with the team**  
Cycling is a social activity providing a shared common interest and offers the opportunity to learn something new about the team. If your staff are quite isolated in their work, cycling is a great way to create a platform for to build relationships with other employees.
- ✓ **Cycling can be a challenge**  
Many employees may not have cycled before or maintained a bike. With our activities, they can learn a new skill and encourage them to continue cycling for the wellbeing benefits. We provide an environment to help resolve conflict and cope with change whilst discovering new places and local cycling routes.
- ✓ **Employers can demonstrate corporate social responsibility**  
Enhance your company reputation by supporting staff wellbeing and encouraging active travel, which can improve staff retention rates. You will be supporting a local charity too!

## Cycling Facts:



Employees who cycle to work are fitter, healthier, happier, and less likely to take sick days

If you use a bike regularly, you can expect to be as fit as an average person 10 years younger

Guided Rides



Bike Try-outs



Ice Breakers



Bike Doctor

View more photos on our Gallery page.

[everybodyscycling.org.uk/gallery](http://everybodyscycling.org.uk/gallery)



Discover more benefits of cycling on [Cycling UK](#) and [Sustrans](#)

# Overview of activities

## FUN ICE BREAKERS

Our pedal-powered attractions are versatile and can operate indoors or out – we can bring small, high-quality marquees to protect from the weather when necessary. Our professional and friendly team are on hand to encourage employees to keep pedalling!

Our most popular team attractions are:

1. **Light-O-Matic**
2. **Ride Simulator**
3. **Scalextric track**
4. **Velodrome Racing**

Our full range of attractions can be found on [everybodyscycling.org.uk](http://everybodyscycling.org.uk)

### Beat the clock

These warm-up attractions can be made competitive where colleagues or teams compete against each other and the first team to complete a challenge wins! For example, the virtual trainer is great for competitions as people have a go on a particular track and their time is recorded. The fastest person over the period of the event is the winner with a red lantern prize for the last person.

Teams could create their own cycling team brand, designing a logo to decorate their team tops or sashes. The teams could have a few minutes in the limelight to show off their company branding and designs to the group and judges.

### Option 1: Pedal-powered attractions



### Option 2: Circle Cycle - Megabike

This unique seven-seat cycle is perfect for team building exercises and accommodates six passengers and we provide a trained 'pilot'. Everyone on board faces inwards and pedals together, making this a thrilling and memorable experience shared by colleagues. Find out more on our website.

A popular cycling activity with teams invited to try out a range of conventional and unusual bikes including tandems, trikes, eccentric-wheeled bikes, modern penny farthings and much more in a fun and friendly environment. We can also provide adapted cycles for people with disabilities.

The minimum space required for a bike try-out track is 30m x 30m. Multiple try-out tracks can be provided.

### Orienteering and Racing

Our fun and unusual cycles can be utilised to test navigation skills with an orienteering exercise, where teams must find essential bike components whilst riding a unique cycle. Teams will need to work together to find all the common bike tools and parts to use in the Bike Doctor session, more details on this session below.

Teams wearing their team tops or sashes (if opted for) could be lined up to take part in a head-to-head relay race on our unusual cycles with spectator support from our staff. After they've caught their breath, the winners will be revealed, and prizes can be given. This is great exercise and a motivational and exhilarating start to the day.

The aim is to create a fun, engaging and memorable day as a team and create a shared experience to develop working relationships.

### Option 3: Bike Try-Out track

# Overview of activities

## MAIN SESSION OPTIONS



### 01. Bike Doctor session

**A versatile, basic bike maintenance session which can be tailored to suit your outcomes for the day. The session could open with a quick cycling trivia quiz to test employees' knowledge on cycling.**

Our experienced and qualified mechanic leads the session to teach employees how to maintain and repair their bikes. Employees can bring their own bikes to work on, or we can provide bikes for them to work on.

As a guide, our mechanic would go through a comprehensive 'M' check with employees to ensure their bike is safe to ride by asking them to check the brakes, gears, chain and tyres (including recommended pressure - PSI) with their guidance.

This interactive and hands on session teaches employees the common repairs such as puncture repair and brake pad replacement so they learn first-hand how to carry out basic repairs.

We can provide free cycling literature including local route maps and our 32-page practical cycling guides, which can be customised to include your logo. We can also source puncture repair kits and tyre levers at trade prices for employees, to provide them with the tools needed to fix a puncture and to encourage them to continue cycling. We can provide customised, recyclable paper goody bags for these kits and cycling literature.

Incorporating the elements of the above session with our cycle mechanic, but employees are split into small teams and each team is taught a different skill such as chain replacement/cleaning, brake pad replacement, gear and brake cable adjustment and puncture repair. Each team must then demonstrate in person or show a video of them performing this skill to the rest of the group with supervision from our mechanic. They can then respond to questions from the group. This will demonstrate how well they have learnt the skill and improve their confidence, as well as showcasing their presentation and communication skills.

With these new skills and knowledge, a competition could be run to see which team can carry out these basic repairs the quickest on a bike. This bike would then be checked by our mechanic and could be ridden as part of the guided ride later. Alternatively, teams must earn tools and skills to repair a bike by engaging with the different teams.

### 02. Spot and Fix



### 03. Build a bike

Another option is to present two teams with a new, modern bike, with basic parts disassembled previously by us, with the parts in one box including frame and tools, and each team builds it together. A mechanic supervises the two teams, who can give verbal advice and instructions but cannot intervene. The winning team is the one who assembles their bike correctly and with the option to ride it after being checked by our mechanic. This is a great learning experience, and the outcome would be the more knowledgeable participants would learn to hold back and support the novice cyclist.

# Main Session Options

## 04. Guided Bike Ride



Explore local routes on car-free cycle paths and quiet roads with the opportunity for staff to lead a ride with our guidance, to test their communication skills and relationships with the rest of the team.

### Spot the problem

Before the ride, each participant will be given a bike which will have one basic different issue with it. The employee must identify the issue and carry out the repair utilising what they have learnt at the bike doctor session earlier with supervision from our mechanic.

Once the bike is safe to ride, the participants are asked to put in order which bikes they think are of the highest and lowest value and their reasons why. A prize could be given to those who guess correctly.

### Q&A's and feedback

Opportunity to ask any questions and hear employees' views on their experience of the day and what they have learnt.

We can advise on safe cycling, riding comfort, suitability of different types of bikes, cycle security and answer any general questions about cycling.

## DID YOU KNOW?

- We also offer customised versions of our 32-page cycling guides for beginners and novices with your logo and other company details or information. Please contact us for a sample.
- We have a fleet of adapted cycles for people with disabilities. These include tricycles, recumbents, wheelchair transporters, companion cycles, steer-from-the-rear tandems and handcycles: selected according to the individual's needs. Find out more about our inclusive cycling events on [everybodyscycling.org.uk/events/inclusive-cycling](http://everybodyscycling.org.uk/events/inclusive-cycling)



## Testimonials

Our customers say:

"We were impressed with Everybody's Cycling's attitude and performance: at one particular site their visit was catalyst to a whole range of new sustainable transport initiatives. We hope to deliver further cycling promotional and support work at other GSK sites"

**Catherine Warwick-Wilson, UK Transport Development Manager**

"It was a fantastic day and the guys from Everybody's Cycling were extremely popular, as always, and gave those attending a great time."

**East Riding of Yorkshire Council**

"We've worked with Everybody's Cycling for quite a few years and found them a great organisation to work with. They have an excellent range of activities that can suit a wide variety of events and are able to provide staff and the background work including risk assessments and insurance. We've involved them in a wide range of events and always get good feedback. It's also a great and fun way of spreading the active travel message"

**Tony Davison, Hartlepool Borough Council**

# 2022 YORK PRICING

Exclusive  
package price of  
**£65 + VAT per person per day**  
for an event taking place in  
the City of York.

Minimum booking of 10 people,  
maximum of 20 people.  
Please contact us for a  
bespoke quote, for larger  
numbers and for locations  
outside of York.

## This package price per person includes:

- Project manager liaison pre-event to ensure smooth delivery of your event
- Trained and enthusiastic crew: 2 staff including a Team Leader
- One ice breaker option (multiple options can be combined, please contact us for a bespoke quote)
- Bike Doctor – format to be agreed with Everybody’s Cycling
- Guided ride – format to be agreed with Everybody’s Cycling
- Transportation for our staff and equipment to and from your event in York
- Helmets – available in a range of sizes (if required)
- Information desk(s) and 3m x 3m pop-up marquee(s) where required
- Free, impartial advice on cycling and cycling route maps of the local York area
- Free copies of our own 32-page practical cycling guide. Please contact us for a quote for a customised version to include your company logo and information

Prices based on the following timings between 07:00 & 19:00:

Set-up: Up to 2 hours

Operation: Up to 6 hours live event time

Pack-away: Up to 1 hour

View our Terms and Conditions:

[everybodyscycling.org.uk/events-prices-terms-conditions-2022/](http://everybodyscycling.org.uk/events-prices-terms-conditions-2022/)

## Everybody’s Cycling Health and Safety

- All our staff are Enhanced DBS checked
- We have £10 million public liability insurance
- All equipment is risk assessed and risk assessments will be available for the events and activities we provide

# About Us...

We are Everybody’s Cycling, a charitable Community Benefit Society based in York.

We provide a range of fun and practical cycling experiences, activities and events for the public and private sector. Our aim is to encourage people of all ages and abilities to enjoy the benefits of cycling. Our team have over 10 years’ experience and we have worked in over 850 schools and 300 workplaces nationwide.

We have our own amazing fleet of conventional and unique bikes, including cycles for people with disabilities.

You may already know us because we were previously a part of Get Cycling ([www.getcycling.org.uk](http://www.getcycling.org.uk)). We now operate as separate organisations, but we still work closely together.



Fun Megabikes



Inclusive Cycling



Guided rides



Try-Out Events



# Everybody's Cycling

## Contact Us...

Need our help?

Get in touch with our lovely team.

Talk to us: **01904 951900**

Email us: **hello@everybodyscycling.org.uk**

Write to us: **22 Hospital Fields Road, Fulford, York, YO10 4DZ**

Stay social and follow  
Everybody's Cycling  
on social media

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For more information visit

**[everybodyscycling.org.uk](http://everybodyscycling.org.uk)**