

# Tool One:

## Build a Cycling Without Age Chapter

**DIFFICULTY:** ●●●○○

**FOR:** INDIVIDUALS AND ORGANIZATIONS

Cycling Without Age is a global movement that aims to provide older individuals with the joy of cycling. This guide offers step-by-step instructions, insights, and best practices for initiating and sustaining a Cycling Without Age chapter, enabling community members to facilitate bike rides for older people and promote intergenerational connections.

### **BASICS:**

**When:** A Cycling Without Age chapter can be started at any time, but thorough planning and community engagement are key.

**Time Needed:** The time required can vary depending on community size, resources, and engagement, but the planning phase may take several months.

**Materials:** Access to bicycles, or trishaws, which are designed for passengers, a pool of volunteer pilots, and support from local organizations or businesses are essential.

**Objective:** The objective is to establish a local chapter of Cycling Without Age to provide older people and less mobile community members with the opportunity to experience the joy of cycling, enjoy outdoor activities, and foster intergenerational connections.

### **STEPS:**

- 1. Research and Assessment:** Identify the need and interest in your community for such a program. Evaluate potential partners, resources, and support available.
- 2. Build a Team:** Recruit volunteers who are passionate about the cause and willing to commit their time and energy to become “pilots” responsible for cycling with the passengers.
- 3. Secure Bicycles and Equipment:** Acquire suitable bicycles that accommodate the needs of older people comfortably. This may involve fundraising or seeking donations from local businesses.
- 4. Training:** Provide comprehensive training for volunteers, covering cycling safety, communication, and interacting with older people.
- 5. Engage with Older People:** Partner with local senior centers, retirement homes, or organizations to identify and connect with potential people. Build relationships with these individuals and assess their needs.
- 6. Launch and Promotion:** Organize a launch event to introduce Cycling Without Age to the community. Use local media, social media, and community outreach to promote the chapter.

**7. Ride Scheduling:** Develop a system for scheduling rides and coordinating volunteers and older people. Ensure flexibility to accommodate different needs.

**8. Safety and Documentation:** Establish safety protocols and keep records of ride participants for accountability and improvement.

**9. Funding and Sustainability:** Identify funding sources, whether through donations, grants, or community support, to ensure the long-term sustainability of the chapter.

### THINGS TO CONSIDER:

**Community Engagement:**

Involve local community members, including older people and their families, in the planning and decision-making process. Collaborative processes always take longer than expected—take the time to listen and learn. Indeed, slowness is a core value of Cycling Without Age.

Photo: Nicolaj Malmqvist

**Partnerships:**

Identify local senior centers, retirement homes, and organizations that support older individuals.

**Volunteer Appreciation:**

Recognize and appreciate the dedication of volunteers who act as bicycle pilots. Their commitment is essential for the chapter's success.

**Safety First:**

Prioritize safety during bike rides, and regularly assess and update safety procedures.

**Adaptability:**

Approach the program knowing that it will be modified based on the feedback and needs of the participants.

By following this guide, you can create a [Cycling Without Age](#) chapter that brings joy, mobility, and intergenerational connections to your community's older residents.

[Source: Cycling Without Age Chapter Building Guide](#)

