



Coordinator Bio

Highlands

Bikeability Scotland Coordinator

Emma Garden

Job title: Bikeability Scotland Coordinator
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Emma has been a Bikeability Scotland Coordinator since November 2019, supporting the 171 primary schools within the Highland Council region. Her qualifications include Cycle Trainer, Essential Cycle Skills, Ride Leader Level 1, MTB Leader Award Level 2 (Trainee) and Outdoor First Aid.

Earliest memory of cycling?

Learning to ride my wee red and yellow bike without stabilisers.

What would you say to a school thinking about participating in Bikeability Scotland?

Let's give it a go! Cycle skills are an invaluable life skill for children; the confidence they gain from Bikeability Scotland can carry over to so many other aspects of their lives, including actively travelling to school. And it gives them a good basis to move onto other biking activities or clubs.

Best Bikeability Scotland moment?

Spending time with a shy, quiet, nearly non-rider, giving them an opportunity to build confidence and go from wobbly to wobble-free and capable within a day. The session ended with a massive grin and a "I don't want to go back to class!"

Most likely to be heard saying....

"Bums on seats" or "Check your tyres, do they feel like apples or bananas?"