



# Coordinator Bio

## Dumfries & Galloway Bikeability Scotland Coordinator

**Josh Wood**

**Job title:** Bikeability Scotland Coordinator  
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Josh became a Bikeability Scotland Coordinator in 2019 for Dumfries & Galloway after having worked in cycling for the past 5 years in various part of the UK.

He works four days a week and supports all 99 primary schools in the local authority. His favourite aspect of the job is supporting Cycle Trainers and Cycle Training Assistants to be more confident with their delivery of Bikeability Scotland, and seeing how much enjoyment this brings to both the school staff and the riders. He is a qualified Cycle Trainer, Bikeability Scotland mentor, Cycling Scotland Ride Leader, Play on Pedals Instructor, Essential Cycling Skills Instructor and an aspirant Tutor.

### Earliest memory of cycling?

My grandad teaching me to ride in our local park, and wanting to show off to my brother that I could do this amazing new thing and...falling off. Of course, it was my brother's fault entirely.

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

Do it, do it and do it! By giving your school pupils the opportunity to participate in Bikeability Scotland you are giving them a life skill and the confidence to make sustainable travel choices throughout their life. The change in confidence with riders over such a short period of time makes the benefits of the training so visible.

### Best Bikeability Scotland moment?

Constantly struggling with Scottish place name pronunciations is always entertaining (for other people rather than me!). But my favourite moment is seeing teaching staff's delight getting an unconfident child riding on-road with a smile on their face

### Most likely to be heard saying....

"And why do we position ourselves there on the road?"