



# Coordinator Bio

## West Lothian Bikeability Scotland Coordinator

**Nicola Fell**

**Job title:** Bikeability Scotland Coordinator  
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Nic has been a Bikeability Scotland Coordinator since 2018. Nic's favourite aspect of the job is signing up new schools to deliver Bikeability Scotland for the first time, and seeing the kids confidence grow throughout the training. Nic is qualified as a Cycle Trainer, Essential Cycling Skills Instructor, Bikeability Scotland Mentor and Outdoor First Aider.

### Earliest memory of cycling?

That feeling of going really fast (or what felt like really fast) down the hill outside my house.

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

Go for it, it's such a valuable skill for the kids to learn and they all absolutely love it! Teachers that go on the training have a great time, and take a lot away from the course. Many of the people we train say it reminds them how much they love riding their bike and they end up getting back into cycling!

### Best Bikeability Scotland moment?

I had a girl who came to Bikeability Scotland barely able to ride her bike and her grandad would walk her with her bike to school on Bikeability Scotland days. I now regularly see that same girl confidently cycling to school on her own.

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

"Grab your bikes and let's do our m-checks!"