

Title	Ride Leader
Location	Inverclyde, Scotland
When and how often	This is flexible – to be agreed
Reporting to	Shona Morris

About Us

Cycling UK inspires and helps people to cycle and keep cycling. We believe that cycling is more than just transport; it makes you feel good, gives you a sense of freedom and creates a better environment for everyone. We also know that cycling can play a major role to address the impact of social, economic and health inequalities across the United Kingdom.

The fantastic support of our volunteers means that people can experience the joy of cycling with Cycling UK groups up and down the country, building their cycling confidence, improving their health and making friends.

Pop-Up Bothy

In spring 2018 we will be introducing The Bothy, Inverclyde’s home of walking and cycling. This is a collaborative project, working with over 10 local organisations to promote the benefits of walking and cycling. As part of this exciting project we will be inviting local people to take part in walks and cycle rides. We are now looking for committed ride leaders to lead the cycle rides. As a ride leader you can enable people to ride together in a safe, friendly and supportive way, which in turn helps maintain the health and social well being of your local community.

Responsibilities

- Planning routes
- Leading regular rides, often jointly with other ride leaders
- Welcoming riders and ensuring all sign the register or complete registration forms
- Helping to create a friendly and inclusive atmosphere
- Risk assessing the route including contingency plans for road closures and extreme weather
- Taking reasonable measures to ensure the safety of the group
- Supporting new and less experienced cyclists to build their confidence and ensure no one is left behind
- Being part of a volunteer team and attending occasional meetings
- Publicising rides
- Reporting any serious incidents during a ride to Cycling UK and our insurance brokers

Skills

Ideally, you will have already, or be willing to work towards, the following:

- A confident cyclist
- Knowledge of local cycle routes
- Friendly, welcoming and encouraging attitude

- Sensitive to other's needs i.e. planning suitable rest stops
- Able to assess someone's general wellbeing and bike before a ride
- Understands the reasons why someone would prefer cycling as part of a group and the importance of social interaction
- Able to work with a team of volunteers
- Reliable, well-organised and punctual
- Ability to do simple repairs i.e. puncture repairs during rides
- Knowledge of Cycling UK's policies as included in the Ride Leader Handbook such as Emergency Operating Procedures etc.

Desirable Skills

- Up to date first aid qualification
- Able to complete an M-check
- Experience of cycling in a group

Benefits

You have the satisfaction of sharing your knowledge and skills to get more people on bikes. In addition, ride leaders can expect to benefit from:

- Being a Ride Leader is enjoyable, rewarding and fun
- You can choose when and where you ride
- The opportunity to meet new people and make lasting friendships
- Health benefits from regular cycling
- Third party insurance on rides once registered with Cycling UK
- Skills development including leadership, management and communication skills
- Increasing your knowledge of local cycle routes and areas of interest
- Satisfaction of increasing health and wellbeing of your local community through cycling

Training and Support

- Ride leader training
- Regular meetings with the volunteer manager/group leader
- Shadowing of a volunteer/employee
- Support from Cycling UK
- Access to online resources including ride leader handbook and risk assessment guidance

Safeguarding Children, Young People and Vulnerable Adults

Our Safeguarding Code of Conduct sets out Cycling UK's organisational commitment to safeguarding best practice. **Click here to view a copy of our guidance.**