

PLEASE NOTE: this role description is a template for which Cycling UK groups can adapt and make specific to their individual group and the specific role that will be completed.

Title	Ride Leader
Group/Organisation	Cycling for Pleasure (Colchester)
Location	Colchester
When and how often	Weekly on Wednesday morning
Reporting to	Stuart Bailey 07925 368804

About Cycling UK

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. Our cycling clubs and groups organise regular cycling activity for their members and the wider community.

About Cycle for Pleasure

From our base at Colchester Leisure World our Introductory Wednesday rides mainly off road are open to all and aimed at new riders, returning riders and those wishing to improve their health. Bikes and safety equipment are available to loan, we do make a charge after the 3rd week of £2.00. per ride to cover our affiliation, insurance costs together with maintaining bikes.

We offer a path of increased challenges through:-

- Two Friday Groups which runs longer routes on road at an intermediate pace.
- Monday Group which runs longer routes on road at a faster pace.

Purpose

The Ride Leader enables people in their community to ride together in a safe, friendly and supportive way which in turn helps maintain the health and social wellbeing of their 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 others' 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 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
- Support from Cycle for Pleasure and Cycling UK
- Access to online resources including ride leader handbook and risk assessment guidance

Safeguarding Children, Young People and Vulnerable Adults

Cycling UK's Safeguarding Code of Conduct sets out our organisational commitment to safeguarding best practice. [Click here to view a copy of our guidance.](#)