

Title	Ride Leader
Group/Organisation	Big Local Gateshead
Location	Teams, Gateshead
When and how often	3 hours, Once a fortnight
Reporting to	Andrew Tinkler, Development Coordinator, BLGateshead@hotmail.co.uk

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 us

Big Local Gateshead is a community development programme based in the Teams area of Gateshead. Our group sets out to improve the lives of local people and make the area an even better place to live. To make this happen we have involved local people in making decisions about the type of things our work should focus upon, before creating projects or events to respond to these needs.

In 2018 members of the groups wanted to provide cycling as an activity and started their Cycling UK Community Cycling Club to give local residents the opportunity to enjoy cycling. The club delivers regular fortnightly 'Learn to Ride' and 'Social Rides' with participants able to use a club bicycle if they don't have their own. Since its inception the club have helped residents feel fitter and happier, with many returning to cycling for the first time in years! The group want to grow, put on more rides and get even more people in Teams enjoying pedaling.

Purpose

The Ride Leader will help members practice their cycling skills and help lead group rides. Supporting riders in a safe, friendly and encouraging way which in turn helps maintain the health wellbeing and social development of the club members.

Responsibilities

- Observe the practices and practices set by Big Local Gateshead
- Leading rides, alongside other ride leaders.
- Helping deliver 'Learn to Ride' sessions for newer riders
- Supporting riders of different abilities. Working as a team with the other ride leaders to ensure the welfare and safety of the whole group
- Welcoming riders and helping in the ride admin, e.g. completing registration forms
- Helping to create a friendly and inclusive atmosphere
- Helping to plan routes and complete risk assessments
- Being part of a volunteer team and attending occasional meetings
- Publicising rides
- Helping to reporting any serious incidents during a ride to Cycling UK

Skills

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

- A positive attitude to cycling and able to encourage people returning or new to cycling.
- Sensitive, patient and empathetic to people's needs.
- A confident cyclist, with experience of cycling in a group
- Friendly, welcoming and encouraging attitude
- Able to assess someone's general wellbeing
- Basic Bike Maintenance experience (e.g. fixing a puncture, broken chain)
- Able to work with a team of volunteers
- Reliable, well-organised and punctual

Desirable Skills

- Experience of leading community activities
- Knowledge/ awareness of the barriers people face in trying to cycle
- Ride Leader/ National Standards 'Bikeability' trained
- Up to date first aid qualification
- Able to complete a bike safety check/ 'M-check'
- Experience of cycling in a group

Benefits

Sharing your time, knowledge and skills to help individuals enjoy cycling in a safe and fun environment, helping people get fitter, make new friends and feel more connected. Often helping people who haven't cycled in years!

This position would provide useful and relevant experience for those wanting to work in both cycling, health and wider community development roles. In addition, ride leaders can expect to benefit from:

- Being a Ride Leader is enjoyable, rewarding and fun
- The opportunity to meet new people and make lasting friendships
- 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

- Support from the group leader
- Ongoing support, from local Cycling UK Development Officer Andrew Thorp and Cycling UK
- Regular local Cycling UK network events and peer support from other clubs/ volunteers
- Training opportunities, such as Cycling UK accredited 'Ride Leader' course and First Aid

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.](#)