

Title	Ride Leader
Group/Organisation	Creative Arts North East
Location	Newcastle, South East Northumberland, North Tyneside
When and how often	3 hours, once a fortnight
Reporting to	Susan Chrisp Director Creative Arts North East, susan@creativeartsnortheast.com

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

Creative Arts is a North East based charity which provides craft, art and physical activities for people with learning and physical disabilities. Activities provided enable those taking part to develop their practical and social skills. Alongside this they get to make friends and have fun in a supportive and non-judgmental environment.

In 2017 the group started their Cycling UK Community Cycling Club to give their members the opportunity to enjoy cycling. The club delivers 'Learn to Ride', 'Social Rides' and 'All-Ability' cycling sessions using adapted bikes. Members have learnt to cycle and are enjoying cycling in friendly and supportive environment.

Purpose

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

Responsibilities

- Observe the practices set by Creative Arts North East
- Leading rides, alongside other ride leaders (on both two wheels and adapted bikes)
- Helping deliver 'Learn to Ride' sessions for newer riders
- Supporting riders with different and complex needs. Working as a team with the other ride leaders to ensure the welfare and safety of the whole group
- Welcoming riders and helping with 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 people with physical and learning disabilities. Knowledge and awareness of the issues of working with individuals with physical and learning disabilities.
- Sensitive, patient and empathetic to people's needs
- A confident cyclist
- 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 working with/ supporting individuals with physical and learning disabilities
- 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 build their social skills and confidence. 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.](#)