

Title	Ride Leader
Group/Organisation	Meadow Well Connected
Location	Meadow Well, North Tyneside
When and how often	3 hours, Once a fortnight
Reporting to	Sarah McDonald, Community Development Coordinator, sarahm@meadowwellconnected.org.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 Meadow Well Connected

Meadow Well Connected works positively with our community by providing a safe, welcoming place where residents can meet new people, make new friends and learn new skills to help our community thrive.

In 2017 Meadow Well Connected formed their Cycling UK Community Cycling Club to give all residents the opportunity to enjoy cycling in a social and fun group. The club deliver regular fortnightly 'Social Rides' enabling everyone to get fitter, explore new places and feel more connected. The club want to grow, put on more rides and get even more people in Meadow Well cycling together more often.

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 role will help maintain the health wellbeing and social development of the club members.

Responsibilities

- Observe the practices set by Meadow Well Connected
- Leading rides for adults, children and mixed family 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 ability to encourage people to cycle.
- 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 family 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.](#)