



British Cycling Leadership Award Level One

This is British Cycling's flagship course and qualifies leaders to guide rides across non-technical terrain up to a distance of 50 miles. It is an assessed one day course utilising a blended-learning approach with online learning and face-to-face, including a mix of theory, practical and assessments.

The course fee includes certification, Ride Leader Handbook, British Cycling membership, access to CPD, regular newsletter, USB/pen/handout.

The course is for anyone wanting to lead young people on bike rides on non-technical terrain (roads and trails).

Content includes:

- 1 Introduction to Ride Leadership:** The remit of the ride leader, the leading environment, ratios and what to expect.
- 2 The Ride:** Pre, during and post-ride procedures, safety checks, skills assessments, road positioning.
- 3 Road and Ride Awareness:** The Highway Code, rights and responsibilities of road users.
- 4 Route Planning:** Characteristics of a route planner, tools to assist your planning.
- 5 Good Practice Guidelines:** Introduction to British Cycling's policies on Safeguarding, Inclusion and Video/Camera policy.
- 6 Managing Risks and Emergencies:** Risk assessment including generic, specific and dynamic, dealing with fatigue and who to contact in the event of an emergency.
- 7 Next Steps:** How you can use the Award.



Date: To be arranged (arranged on demand)

Times: 9.00 am—5.30 pm

Cost: Approx £120 (25% discount for second delegate from the same establishment)

Book online at

www.cornwalllearningonline.co.uk

Course code: CLO43 (please express your interest)

For more information contact

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