



RIDE LEADER AWARD

The Cycling Ireland Ride Leader Award aims to provide leaders with an introduction to cycle leading and the competencies required to lead and manage groups on a cycle.

Cycling Ireland Ride Leader training will provide leaders with the necessary skills and knowledge to effectively lead and manage a group of cyclists on the road in club/group rides.

The course will explore the roles and responsibilities the Ride Leader will assume and prepare learners as Ride Leaders to provide safe and enjoyable cycling experiences for people of all levels of ability and age.

DURATION AND FORMAT

Ride Leaders will attend a 1 day assessed course which will qualify them to facilitate led rides for groups of cyclists.

The comprehensive syllabus for the award includes Risk Assessment, Safety Checks, Assessing Riders Ability, Group Cycling, Group Management, Planning a Cycle and Leadership.

Ride Leaders will cycle a simulated club/group ride and practically apply techniques, skills and newly acquired knowledge covered in the classroom.

Ride Leaders will be required to lead part of the pre-risk-assessed route.

The Ride Leader Award also complements and supports the **Cycling Ireland Bike for Life Programme**.



CERTIFICATION

On completion of the course, the Ride Leader will be able to facilitate Club Ride(s) and/or Group Ride(s) and utilise a range of communication and leadership strategies to effectively lead a cycle.

The award is equivalent to the introduction stage on the Coaching Ireland Performance Framework in accordance with the Coaching Development Programme for Ireland.

ENTRY REQUIREMENTS

To attend the course candidates must:

- be over 18 years of age.
- have the fitness level to Ride for approximately 20km, on a route that may contain hilly sections.
- be comfortable cycling in tight group formation in close proximity to up to eleven other riders.
- be comfortable cycling on busy roads in close proximity to traffic.
- be able to comfortably cycle in a straight line for ten metres with either hand off the handlebars.
- be able to ride in a straight line whilst looking over either shoulder.
- attend with a bike and helmet in safe working order.
- be aware of the basic laws pertaining to cycling on the road.

COURSE FEE

- €60 for CI members | €80 Non - CI members