

HSBC  UK
GO-RIDE
BY BRITISH CYCLING



Inclusive cycle coaching to develop
active learning and physical literacy

HSBC UK Go-Ride for schools

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The HSBC UK Go-Ride programme is a fun, progressive pathway for young people, encouraging a healthy lifestyle, active learning and physical literacy. It's a fantastic addition to the curriculum and with a few simple steps, your school could soon offer inclusive coaching to pupils.



For transport, fun and competition, cycling is a flourishing and essential activity for communities from a local to national level. The success of the Great Britain Cycling Team continues to inspire participation across the six disciplines of cycling and we are working hard to ensure that the sport is easily accessible for the next generation.

Whether youngsters aspire to become the next Laura Kenny, Geraint Thomas or Quillan Isidore – or simply need support in getting active and riding confidently – your local British Cycling development team can provide all that's needed to advance your physical education provision.

Our offer is set up to easily align with your school timetable, including curricular and extracurricular visits from qualified Go-Ride Coaches, staff training, a young volunteer initiative and all equipment provided. It's community focused too, where young riders can continue their development through an established network of Go-Ride Clubs and access to dedicated cycling facilities.

We hope that you will consider becoming part of the Go-Ride network, supporting British Cycling's work to increase access to the sport and ensure the stars of the future are given the opportunity to shine at grassroots level and beyond.

Our offer

Experienced HSBC UK Go-Ride Coaches can contribute to your school's provision of physical education and sport, delivering activities on-site and bringing all of the necessary equipment with them. Initially, we would work with you to provide a series of fun and challenging coaching sessions, culminating in an entry-level race on the last visit.

Using a fleet of high quality mountain bikes, helmets and coaching equipment, our qualified cycling coaches pass on their knowledge and enthusiasm for the sport through engaging and interactive games. Over the series our aim is to build positive experiences, developing confidence and technical ability in balance and coordination – as well as developing a better understanding of the health benefits cycling can bring.



Beyond the sessions, we'd be keen to help you instil cycling as an accessible sport within the school environment. From training staff to coach activities through to inter-school competition and young volunteer programmes: there are many opportunities to open up.

Potential school development pathway

Running a series of Go-Ride coaching sessions is just the beginning. Your school could go on to offer a variety of activities, helping students, teaching staff and volunteers to learn new skills.



? Did you know?

2015 UCI Road World Champion, **Lizzie Deignan**, got into cycling because a British Cycling coach visited her school.



Your commitment

While the Go-Ride Coach will bring experience, equipment and enthusiasm, your school would need to commit to the following:

- A member of school staff present at each session.
- The same group of young people available to participate in cycling activities at all of the sessions.
- Promotion of community Go-Ride Club activities to help facilitate the school to club link.

Beyond cycling with friends and family outside of school, these Go-Ride sessions are often the first experience of cycling for many. High quality coaching means a great introduction to the sport, while making cycling a regular habit promotes sustainability. The school to club links are then the final piece of the jigsaw, supporting pupils who wish to take their cycling further and join the club network.

Benefits to the school

- Something new and exciting! Cycling is a fun and challenging activity for all abilities.
- Introduction to the sport of cycling by professional and knowledgeable Go-Ride Coaches.
- A sustained intervention, via a series of activities for young people with the support of school staff.
- Support from British Cycling's local and national teams.
- Mentoring and training for teachers and school staff.
- Use of dedicated cycling facilities (where possible).
- Encouraging a sporting habit for life via club links and the option of creating your own school club.



Case study: Morpeth Road Primary Academy, Blyth



When you arrive at Morpeth Road you are confronted with four large containers, all filled with bikes from BMX, to mountain bike – and everything in between. The culture within our school is that everyone learns to ride – and does so in multiple environments.

In an area of high social deprivation, bikes give our students an important opportunity to learn in different contexts, enhancing self-confidence and building life skills such as cooperation, honesty and teamwork. They also learn to use a bike as a form of transport from early on, promoting a healthy lifestyle in the long term.

We have witnessed directly the positive impact that cycling sessions have on wider behaviour and progression, with qualities such as resilience, determination and pride presenting across the school.

This really boils down into two main benefits:

- Pupils improve both their cycling and social skills, transferring over into academic achievement in the classroom.
- Being part of something is essential for students to develop personally and develop positive networks.

A Go-Ride Coach visited the school to introduce the programme and we've since had continued support, also helping us to develop a school to club link with Barnesbury CC, a local Go-Ride Club. In conjunction with the club we established holiday coaching programmes and discipline specific sessions, which prospective members can try out for free.

Overseeing a cluster of schools, we also organised a development session for female teachers who went on to attend a Cycling for Schools course delivered by the regional Go-Ride team.

? Did you know?

Joanna Rowsell Shand was picked up by British Cycling's Talent Team programme in 2004, after being spotted at Nonsuch High School for Girls in Cheam.



Cycling for Schools

Cycling for Schools is British Cycling's entry-level coaching course for the wider school workforce, providing everything you need to deliver grassroots cycling and coaching skills to the pupils in your school. The qualification enables employees and volunteers to provide cycling activities within a school environment, building on the enthusiasm created by the Go-Ride sessions.

In addition to teachers, Cycling for Schools is open to all adults aged 18 and over who work or volunteer within the school sector.

Following course attendance, an employee or volunteer is able to prepare, deliver and review cycling sessions which can be on school property and under your school's insurance policy. Participants will not be required to undertake any formal assessment as part of this process.

For schools who would like employees or volunteers to attend the training course we request the following:

- Several members of staff encouraged to attend: we require a minimum of six to run a course, but multiple schools can join together.
- A fee of £120 per course attendee.

Your regional Go-Ride team can go into more detail about the course format and answer any questions you may have.



Go-Ride School Club

On completion of the Go-Ride sessions, we encourage schools to explore the feasibility of setting up their own cycling club to offer regular cycling activities. A Go-Ride School Club provides an opportunity for young people to get involved in all aspects of cycling, be that developing riding skills, racing or volunteering.

Your local Go-Ride team will provide support as you take the necessary steps to create a club, which can run either as an after-school activity or as part of your physical education curriculum.

There are just a few simple steps:

- Affiliate to British Cycling* (£21 without liability insurance or £46 including liability insurance).
- Provide a traffic-free space for coaching, such as a playground.
- Ensure a qualified member of staff is available to run the sessions (via a Cycling for Schools course or other British Cycling coaching course).

*All pupils who participate in a Go-Ride School Club for the first time are eligible for free British Cycling membership for a year.



Case study: St Peters Bike Project, Manchester

The school had been running cycling activities for a few years, with a big focus on BMX. We took part in the Manchester schools track and BMX competitions at the HSBC UK National Cycling Centre, which led to more young people wanting to get involved in cycling and improve through advanced coaching.

As a result and with the support of the Go-Ride Coach, we decided to become a Go-Ride School Club and affiliated to British Cycling, with a member of staff getting qualified as a Level 2 BMX coach. This meant we could offer advanced cycling activities on-site, with the coach running fun and challenging sessions for pupils.

The Go-Ride Coach was invaluable in helping to progress the club, answering any questions we had and providing guidance on areas such as affiliation and Go-Ride Racing. We also had great communication with the Deputy Head throughout, who is now our cycling lead within the school.

There were a few barriers, with funding an initial problem. But by tracking the number of interested pupils we were able to put a case together and raise the funds for the coaching qualification.

It's also important to approach a school club with an understanding that people power is essential – and accidents might happen. Injuries are inevitable in cycling so you need to ensure that the relevant policies are watertight, plus affiliating to British Cycling creates an opportunity to opt into public liability insurance for activities.

Overall my advice would be to start small but have big dreams. Find a cycling discipline that works for your school and work with senior staff to make sure there is buy-in.

You will also need to plan ahead to maintain interest, with competition a great way of keeping students enthused. Building links with local Go-Ride Clubs and facilities is helpful too, providing other environments that enthusiastic riders can try out, but the overall support of your local Go-Ride team will be invaluable.

School Games and HSBC UK Go-Ride Racing

The School Games is a package of events designed to help schools provide more opportunities for pupils to thrive and succeed in sport. Through a programme of regular intra- and inter-school competitions, the Youth Sport Trust initiative is a proven environment to enthuse young riders and highlight champions of the future.

Level 1: Sporting competition for all students through intra-school events.

Level 2: Individuals and teams are selected to represent their schools in local inter-school competitions.

Level 3: Multi-sport School Games festivals take place in selected areas*, as a culmination of year-round school sport competition.

Level 4: The School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete.

*If you were looking to progress to Level 3 and beyond, your local School Games committee and regional Go-Ride team will be able to advise on the level of support for cycling at the School Games festivals and finals.



How to get involved

Together with the Youth Sport Trust, British Cycling has put together a package of introductory resources that schools interested in running cycling competitions at Levels 1 and 2 can access. These resources include entry level race formats and can be downloaded from yourschoolgames.com

? Did you know?

The Great Britain Cycling Team's **Elinor Barker** and **Owain Doull** were both School Games champions – and went on to become Olympic champions.

HSBC UK Go-Ride Racing

If cycling is not part of your area's School Games schedule, your school can still deliver Go-Ride Racing activities. Aligned to Levels 1 and 2 of the School Games, Go-Ride Racing is a British Cycling programme that provides young riders with a chance to experience entry-level competition in a friendly and controlled environment alongside their peers.



Your commitment

To effectively deliver Levels 1 and 2 of the School Games, British Cycling request that schools meet the following requirements:

- Provide a traffic-free space for racing, such as a playground, school playing field or car park.
- A member of staff undertakes a Cycling for Schools course.
- Offer the Cycling Award for Young Volunteers (see next page for more information).

Benefits to the school

- Racing is a fun and exciting way to keep youngsters involved in sport as they get older, setting new challenges suitable for all abilities.
- It builds relationships and morale with team racing.
- It calls upon staff, volunteers and pupils to gain experience in delivering events, building essential skillsets for life.
- Existing school resources can be used so you don't need to make a big investment.
- Gain access to downloadable event administration and promotional templates.
- Ongoing guidance from your British Cycling development team.

Cycling Award for Young Volunteers

The Cycling Award for Young Volunteers (CAYV) is similar to the Duke of Edinburgh Award, where young people commit to developing skills and supporting activities in order to complete progressive awards. Promoting leadership and organisation, the initiative also helps to support grassroots cycling where volunteers are the foundation of the sport.

It all begins with a three hour introductory workshop for pupils, delivered by a trained British Cycling member of staff. This covers the fundamentals of cycle sport and volunteering roles, providing insight as to what the CAYV involves. There are a number of areas that young volunteers can get involved in, including club management, officiating and coaching.



This is the first step on the volunteer pathway and depending on the number of hours each volunteer commits, they can go on to achieve a bronze (12 hours), silver (24 hours), or gold (36 hours) award. It's also a great experience to help in strengthening skills for a student's CV while building self-confidence.

Your commitment

- Provide a venue for the course (a classroom is usually sufficient).
- Ensure each participant has parental consent.
- Ensure that the young volunteers are supported in achieving their volunteering hours, whether this is in school or at a community club.

Volunteer support

British Cycling will provide young volunteers with the following:

- Silver British Cycling membership for a year once they achieve the bronze award.
- Gold British Cycling membership for the year they achieve the gold award.
- Free branded clothing for gold achievers.



Want to get involved?

Contact your local HSBC UK Go-Ride Coach or regional development manager for an informal chat about how the programme works and what we could do for your school.

You can also contact the national Go-Ride team on 0161 274 2070 or by emailing go-ride@britishcycling.org.uk



HSBC UK Go-Ride Coach

Regional development manager