
	<p>CYCLING</p> <p>RECREATIONAL</p>	 <p>Bracknell Forest Council</p>
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DESCRIPTION:

Recreational cycling.

QUALIFICATIONS:

The instructor/supervisor should be a cyclist experienced in the relevant branch of the activity who understands the safety requirements of group cycling.

Optionally in addition, Cycling for Schools is the British Cycling entry-level coach education course providing school staff with entry-level cycling and coaching skills.

STAFFING RATIO:

1 / 10 with a minimum of two staff in most situations.

One member of staff would be adequate only in situations and areas with which experienced participants were thoroughly familiar.

PROTECTIVE EQUIPMENT:

Protective head gear that complies with British Safety Standards, appropriate cycling gloves, appropriate reflective clothing

HAZARDS:

- Crashes
- Slips
- Punctures
- Traffic
- Other riders

GUIDANCE:

Bicycles must be in good working order and the leader should have a knowledge and ability to carry out repairs/and or adjustments to cycles.

OTHER INFORMATION:

British Cycling: <http://www.britishcycling.org.uk>