



Cycling Projects

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Web Site: www.cycling.org.uk E-mail: cpnw@cycling.org.uk

Co Ltd by G'tee Reg No. 2618968 Reg Charity No. 1003309

CYCLE TRAINING /QUALIFICATIONS/ COURSES

Listed are a variety of different courses/awards associated with the delivery of cycling activities. Depending on your group/idea/project/ some may be relevant, others not so relevant. This list will be constantly updated. (Last update: 16th June 2003)

ORGANISATION	DETAILS OF COURSE
<p>BIKE LINKS</p> <p>Tel: 0161 7366 366 Fax: 0161 7459088 e.mail: bikelinks@cycling.org.uk www.cycling.org.uk</p> <p>Ray Pugh</p>	<p>We can deliver specific workshops on:</p> <ul style="list-style-type: none"> Bike Maintenance Fundraising Promotion of Events Cycling and Disability Where to Ride Issues in taking a group out on a ride <p>These are funded through the Bike Links Initiative and the content will vary depending on the specific group. Again, please phone Jo Bell to discuss your individual needs!</p>
<p>BC – British Cycling Go Ride</p> <p>www.go-ride.org.uk</p> <p>Tel: 0870 8712000</p>	<p>The British Cycling Go-Ride scheme is to develop school age cycling with a series of tests and skills. The results can be viewed on the web site.</p> <p>This web site has details of locations throughout the country where there is a Regional Talent Unit, Cycling Academy or active school.</p>

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Cycle Training

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<p style="text-align: center;">BSCA, British Schools Cycling Association</p> <p>Tel: 02392 642226 Fax: 02392 660187 e.mail: info@bsca.org.uk</p> <p style="text-align: center;">Susan Knight</p>	<p>An organisation keen to support all young cyclists. Provides courses on racing, cycle touring and skills development. It is accepted by many Local Authorities and recognised by the Adventure licensed Authority.</p> <p>Touring Leaders Course – A one day course incorporating planning, taking a group on tour, from a short day ride to a week in Youth Hostels, road safety, hazards.</p> <p>Cycling Teaching Certificate Course – Three day course, similar to above, also includes competition, cyclo cross, mtbing, BMX, cycle speedway.</p> <p>Mountain Bike /Off road Leaders Course – Two day course dealing with navigation and mechanics. Enabling leaders to take groups out on bridle paths and right of way. the course also deals with dangerous environments, of road racing and competition.</p> <p>COST Courses can be delivered for 10 people @ approx. £40 per person. However, please phone to discuss your specific requirements.</p>
<p style="text-align: center;">British Cycling COACHING AWARDS/ COURSES</p> <p>Coaching and Education British Cycling National Cycling Centre Stuart Street Manchester M11 4DQ</p> <p>Tel: 0161 274 2060 Fax: 0870 136 6427 E-mail: coaching@britishcycling.org.uk</p>	<p style="text-align: center;">COACHING /LEADERSHIP COURSES</p> <p>Level 1 - Activity coach The Activity Coach Award course is interactive and involves discussion, presentations and most importantly practical coaching experiences. The course will introduce you to the basics of coaching and cycling techniques and equipment. It is a prerequisite that you have a first aid certificate.</p> <p>Level 2 - Club Coach The course includes three days of training, spread over a period of four weeks, home study and assessment. On successful completion of the 3 days you will then embark on a period of practical coaching experience. The practical coaching experience consists of a coaching diary and an applied coaching paper.</p> <p>Level 3 Performance Coach This is being developed during 2004 to train coaches in specific disciplines. Please phone appropriate Coach Education Officer to discuss your needs.</p>
<p style="text-align: center;">CYCLING PROJECT</p> <p>Tel: 0161 7459099 Fax: 0161 736 6366 e.mail: cpnw@cycling.org.uk www.cycling.org.uk Hermine Briffa Ian Tierney</p>	<p>The Cycling Project can provide training in many areas, associated with cycling. Courses are tailored to suit the needs of each individual or group.</p> <p>Cycling safety on the road/off road Cycle lifestyle activities Cycling for disabled people (see Wheels for All) Learning to cycle Training volunteers to deliver events Promotion and delivery of cycling events</p>

ORGANISATION	DETAILS OF COURSE
<p align="center">FIRST AID QUALIFICATION</p>	<p>British Red Cross Tel: 0207 2355454 Nat 0161 8888900 Man St Johns Ambulance Tel: 0207 2355231 Nat 0161 2252764 Man St Andrews Ambulance (Association Glasgow) Tel: 0141 3324031 LAN Safety Services Ltd Tel: 0161 2862992 Fax: 0161 7182682</p>
<p>HEALTH AND SAFETY GB SAFETY</p> <p>Tel: 01931 714340 Mob:07730 202057 Gordon Bell</p>	<p>FIRST PRINCIPLES OF HEALTH AND SAFETY RISK ASSESSMENT and MANUAL HANDLING</p> <p>COST Apprx £40 each person. Phone for details.</p>
<p>NATIONAL ASSOCIATION OF COUNCILS FOR VOLUNTARY SERVICE (NACVS)</p>	<p>Tel: 0114 2786636 Fax: 0114 2787004 e.mail: nacvs@nacvs.org.uk www.nacvs.org.uk</p>
<p>NATIONAL / LOCAL CENTRE FOR VOLUNTARY SERVICE</p> <p>Tel: 0161 7877795 Fax: 0161 789 0818 e.mail: salford.cvs@zen.co.uk Vera Shelton/Jane Enright</p>	<p>SALFORD CVS run a variety of courses, most of which are freebies, these include: Time Management Are you covered? Human Rights Act Developing a fundraising strategy Supervision Skills Business Planning etc.</p>
<p>SCOTTISH CYCLING DEVELOPMENT PROJECT</p> <p>Tel: 0141 2879374 (West) Tel: 0131 6624461 (East) Email: west@scottishcycling.co.uk east@scottishcycling.co.uk www.scottishcycling.co.uk Jim Riach (0131 6520187)</p>	<p>SCDP/SCU Courses: All these provide necessary training in running and managing sessions. Cycle Activity Leader/Introductory Coaching and Leadership Award Trail Cycle/Mountain Bike Leader Cycle Club Coach Cycle Trainer</p> <p>Please phone for details of costs.</p>

ORGANISATION	DETAILS OF COURSE
<p>TRAFFORD HALL (Nr Chester) Residential / day courses</p> <p>Tel: 01244 300246 Fax: 01244 300818 e.mail: h.evans@traffordhall.com www.traffordhall.com</p> <p>Hayley Evans</p>	<p>These courses are available for tenants and/or community volunteers.</p> <p>Some useful courses for 2001 include:</p> <ul style="list-style-type: none"> Energise your community Committee Skills Team building for groups Managing your community project Fundraising for groups Health by Stealth Resolving conflict Community Cafes Freebies Collective working for Adults and Young People <p>COST £160-180 per course Bursaries, travel costs and childcare are available. Please contact Trafford Hall.</p>
<p>Wheels for all</p> <p>Tel: 0161 7459944 Fax: 0161 7459944 e.mail:cpnw@cyclimg.org.uk www.cycling.org.uk</p>	<p>Cycling training for people of all ages with disabilities and differing needs.</p>