



Qualified British Cycling Coach



www.woolwichcyclingclub.org.uk

WOOLWICH CYCLING CLUB GO-RIDE AWARDS PROGRAMME

NAME: _____

Welcome to the Woolwich Cycling Club Go-Ride Awards Programme.

Our club is for you: young people aged 8-16 years old who can already cycle, and we adhere to the British Cycling guidance for technique teaching and skill development.

Our Go-Ride sessions run 10am - 12 noon on a Saturday morning in term time and we expect all our riders to progress through the Award levels: from Ride to Gold and maybe beyond!

Each week your session will cover a technique and at the end of a half/full term we will assess you – have you shown us that you have the techniques we covered? Have you developed skill in that area? Are you progressing?

One of our British Cycling qualified Coaches will date, initial and tick the boxes corresponding to what you've learned. Once you've completed a level, you'll get a certificate and can move onwards and upwards to the next level. Good luck and we hope you enjoy this programme- and have fun!

Make sure you bring your Awards Programme booklet at the end of every half term / term and one of the coaches will update and sign it for you.

The Woolwich CC Go-Ride coaching team

RIDE AWARD

Group D riders are working towards their **Red Award** – “Can cycle and perform basic cycling techniques”.

Group D Coaching utilises British Cycling's Gears 1. Gears 1 coaching guide focuses on the core cycling and bike handling techniques to develop a rider's balance and coordination. These core techniques include:

- Mounting of bicycle
- Dismounting of bicycle
- Pedalling
- Cornering
- Points of contact
- Position
- Introduction to group riding

So, D riders can 'perform' the techniques and show an understanding of when to apply them. As they participate more and apply the techniques regularly, they begin to get skilful at the techniques. Skill at a technique is its smooth and seamless application without noticeable conscious cognitive effort – “do it without thinking”.

BIKE HANDLING	Date	Initial	✓
POINTS OF CONTACT: Knows the neutral points of contact for a balanced, controlled and comfortable ride.			
SLOW CONTROLLED RIDING: Capable of riding a simple course at a steady pace, safely and in control.			
READY POSITION: Know the static riding ready positions: pedal position, brakes, hands, feet, eyes and ears.			

RIDE AWARD

CORE CYCLING TECHNIQUES	Date	Initial	✓
STATIC MOUNT & MOVE OFF: Know and able to demonstrate the technique of mounting their bicycle & moving off smoothly & safely.			
CONTROLLED STOP & DISMOUNT: Know & able to demonstrate the techniques of smooth pedalling with feet in the correct position, whilst using both brakes and then dismounting.			
PEDALLING & BRAKING: Know & able to demonstrate the techniques of smooth pedalling with feet in the correct position, whilst using brakes and controlling pace.			
CORNERING: Know and able to demonstrate the technique of negotiating simple corners: stop pedalling through the corner, with the inside pedal up.			

GROUP RIDING	Date	Initial	✓
LEADING & FOLLOWING: Beginning to show an understanding of the techniques of leading and being led in a single file group of 2 -3 riders in a simple oval course.			
RIDING NEXT TO EACH OTHER (2X1): Beginning to show understanding of the techniques required to ride next to another rider on a simple oval course.			
RIDING IN A SMALL GROUP (UP TO 6): Beginning to show Understanding of the techniques required to ride in a small group of up to six riders in a simple oval course.			

Comments:

Date Ride Award Completed	
Coach Signature	

BRONZE AWARD

Group C riders are working towards their **Bronze Award** – “Capable cyclist showing skills in basic cycling techniques and beginning intermediate techniques”.

Group C coaching utilises British Cycling’s Gears 1 & 2. Gears 2 coaching guide extends the Gears 1 core cycling and bike handling techniques and adds the techniques of:

- Gear selection
- Climbing
- Descending
- Weight shift
- Manipulating points of contact
- Group riding

So, C riders are skilled at Gear 1 techniques (do them without thinking) and actively learning and applying Gears 2 techniques. Again, as they participate more and apply the techniques regularly, they begin to get skilful at the Gears 2 techniques applying them automatically when needed.

BIKE HANDLING	Date	Initial	✓
UNDERSTANDING WEIGHT SHIFT: Capable of remaining balanced & in control when moving about on the bike whilst riding a simple oval course. Standing & leaning left, right, back & forwards.			
CHANGING POINTS OF CONTACT: Capable of demonstrating balance & control when raising arms & legs one at a time whilst riding around a simple oval course. Riding a simple course at a steady pace, safely and in control.			
BALANCE & COORDINATION: Capable of demonstrating balance & coordination during bike handling & core cycling techniques on a simple obstacle course e.g. limbo, slalom.			

CORE CYCLING TECHNIQUES	Date	Initial	✓
CHANGE GEAR TO AID RIDING: Know & able to demonstrate changing gear to assist when moving off, setting a steady pace & anticipation of coming to a stop.			
BASIC CLIMBING & DESCENDING: Know & able to demonstrate basic techniques to ride up and down a non-technical short incline.			
PEDALLING, BRAKING & CORNERING: Capable of chaining techniques together to negotiate simple corners, inside pedal up, braking complete before the turn, start pedalling after turn.			
SCOOT MOUNT & DISMOUNT: Know & capable of demonstrating the technique of scooting & mounting bicycle to move off smoothly & safely plus come to a safe controlled stop.			

BRONZE AWARD

GROUP RIDING	Date	Initial	✓
LEADING, FOLLOWING & LEAD CHANGING: Able to demonstrate an understanding of the techniques involved in leading, following & changing the lead in single file group of 2-3 riders.			
RIDING SIDE BY SIDE NEXT TO EACH OTHER (2X1): Able to demonstrate an understanding of the techniques involved when riding next to another rider whilst negotiating a simple course.			
RIDING IN A GROUP (UP TO 12): Able to demonstrate an understanding of the techniques involved when riding near to other riders (up to 12) safely on a simple course.			

RIDER DEVELOPMENT	Date	Initial	✓
BASIC BIKE HANDLING: Knows the neutral points of contact for a balanced, controlled and comfortable ride.			
HEMLET SAFETY CHECK: Capable of a self-led basic bike check (tyres, brakes & chain) & helmet check before riding & demonstrating an understanding of their importance.			
PARTICIPATION: Capable of riding a simple course at a steady pace, safely and in control.			
ENDURANCE: Can ride continuously for 10 minutes on a flat course.			

Comments:

Date Bronze Award Completed	
Coach Signature	

SILVER AWARD

Group B riders are working towards their Silver Award – “Competent cyclist skilled at basic and intermediate techniques”.

Group B Coaching utilises British Cycling’s Gears 1, 2, 3 & 4. Gears 3 & 4 coaching guides further develops the Gears 1 & 2 core cycling and bike handling techniques and adds the concepts of:

- Sprint cycling
- Endurance cycling
- Riding cooperatively in a group
- Competitive group riding

So, B riders are skilled at the Gear 1 & 2 techniques (do without thinking) and actively learning & applying Gears 3 & 4 concepts and techniques. Again, as they participate more and apply the techniques regularly, they begin to get skilful at the Gears 3 & 4 concepts and techniques applying them automatically when needed. They also have the opportunity to be introduced to and participate in discipline specific coaching events the club has access to.

BIKE HANDLING	Date	Initial	✓
UNDERSTANDING & USING WEIGHT SHIFT: Know & able to demonstrate the use of weight shift to aid cornering, climbing & descending.			
MANIPULATING POINTS OF CONTACT: Know & able to demonstrate the use of manipulating points of contact when required whilst riding. Using drops; hoods; saddle; standing; feet.			
BALANCE & COORDINATION: Able to demonstrate good balance & coordination during bike handling & core cycling techniques on basic obstacle courses.			

CORE CYCLING TECHNIQUES	Date	Initial	✓
USING GEARS TO MAINTAIN CADENCE & PACE: Demonstrate gear utilisation to maintain pace & smooth cadence on a simple course with inclines.			
CLIMBING & DESCENDING: Demonstrate the use of weight shift, point of contact & gear selection to ride balanced & coordinated up & down a series of non-technical inclines.			
PEDALLING, BRAKING & CORNERING: Demonstrate smooth & efficient negotiation of a basic course. Choice of line; braking; acceleration; pedal position.			
SCOOT MOUNT & DISMOUNT WITH CLEATS: Capable of demonstrating the technique of mounting bicycle & moving off smoothly & safely with cleats. Able to come to a safe controlled stop.			

SILVER AWARD

GROUP RIDING	Date	Initial	✓
LEADING, FOLLOWING & LEAD CHANGING: Capable of demonstrating the technique of leading, following & changing the lead in a single file group of 4 riders.			
RIDING SIDE BY SIDE (2 X 3): Capable of demonstrating the techniques involved when riding close next to other riders (2 abreast 3 long) whilst negotiating a basic course.			
RIDING IN A LARGER GROUP (UP TO 15): Capable of demonstrating the techniques involved when riding close to another rider (15+) safely on a basic course.			

RIDER DEVELOPMENT	Date	Initial	✓
BIKE "M" CHECK Capable of a self-led bike "M" check before a ride & understand its importance.			
HELMET & CLOTHING CHECK: Capable of a self-led helmet & clothing check before a ride & understand its importance.			
PARTICIPATION: Participate in at least 4 British cycling Go-Ride Race events.			
ENDURANCE: Can ride continuously for 30 minutes on a flat course.			

Comments:

Date Silver Award Completed	
Coach Signature	

GOLD AWARD

Group A riders are working towards their Gold Award

Group A riders are mature and have more skill. Some of them have competed at British Cycling youth race events. They take part at Go-Ride events for fun as well as to inspire and encourage the developing riders.

Group A riders are skilled at the Gears 1, 2, 3 & 4 concepts and techniques. They participate to develop their understanding and hone their skills at various cycling techniques.

They also have the opportunity to be coached advanced techniques by discipline specific qualified coaches (Road, Time Trial, Track, Cyclocross) as well as the potential to attend discipline specific events the club has access to.

BIKE HANDLING	Date	Initial	✓
UTILISATION OF WEIGHT SHIFT: Demonstrate skilful use of weight shift techniques when cornering, climbing & descending over an undulating course.			
MANIPULATING POINTS OF CONTACT: Demonstrate skilful use of manipulating points of contact techniques when cornering, climbing & descending over an undulating obstacle course.			
BALANCE & COORDINATION: Demonstrate skilful balance & coordination techniques when riding an undulating course.			

CORE CYCLING TECHNIQUES	Date	Initial	✓
GEAR SELECTION: ANTICIPATION, ADJUSTMENT, CADENCE, TRACTION: Demonstrate skilful use of gears to maintain cadence & / or traction when negotiating an undulating course.			
CLIMBING & DESCENDING: Demonstrate skilful climbing & descending techniques when negotiating a series of inclines.			
PEDALLING, BRAKING & CORNERING: Demonstrate skilful smooth & efficient negotiation of a basic course. Choice of line; adjustment of line; braking; acceleration; pedal position.			
DYNAMIC MOUNT& DISMOUNT WITH CLEATS: Capable of demonstrating the techniques of scooting, mounting bicycle & moving off smoothly & safely with cleats. Able to come to a safe controlled stop.			

GOLD AWARD

GROUP RIDING	Date	Initial	✓
LEADING, FOLLOWING & LEAD CHANGING: Able to smoothly demonstrate the techniques involved in riding through & off in a single file group of up to 6 riders.			
RIDING SIDE BY SIDE (2 X 3): Able to demonstrate the techniques involved when riding close to other riders (2 abreast 3 long) & circulating the lead on a basic course.			
RIDING IN A LARGER GROUP SOCIALLY, COMPETITIVELY: Capable & experienced in riding within a group of riders socially (Go-Ride Rides) & competitively (Circuit races).			

RIDER DEVELOPMENT	Date	Initial	✓
MAINTENANCE: CHANGE QUICK RELEASE WHEEL: Capable of removing a quick release wheel (front & rear) and refitting it so the bike is safe to ride & ready for use.			
MAINTENANCE- PUNCTURE REPAIR: Capable of removing an inner tube; fitting a new inner tube; finding the puncture in an inner tube; repairing a puncture.			
PARTICIPATION: Participate in at least 6 British Cycling Go-Ride race events.			
ENDURANCE: Can ride continuously for 40 minutes on a flat course.			
EXPERIENCE BEYOND GO-RIDE: Take part in at least 3 Youth events that are not part of British cycling Go-ride. For example, youth races for Cyclocross, Road, Time Trial, Track, Cycle Speedway, BMX or Mountain biking.			

Comments:

Date Gold Award Completed	
Coach Signature	

ASSURANCE AWARD

This award gives riders an opportunity to demonstrate how they look after themselves in terms of wellbeing and personal safety.

CARING FOR YOUR HEALTH & WELLBEING	Date	Initial	✓
Understands and shows the importance of hydration			
Understands and shows the importance of healthy nutrition and re-fuelling.			
Can demonstrate an effective warm up and understands why this is important.			
Can demonstrate an effective cool down and stretch and why these are important.			
Understands the importance of wearing a helmet and appropriate clothing.			
Understands and shows how to take care of personal safety if riding alone or in a group.			
Knows what to do in an emergency situation.			
When on rides, carries "In Case of Emergency" (ICE) information. This could be in the form of a card, ID bracelet or on their phone.			

Comments:

Date Assurance Award Completed	
Coach Signature	

PROGRESSION AWARD

This award gives an understanding and experience in several cycling disciplines. An insight in looking after themselves as well as their equipment. Its objective is to provide riders with a glimpse into the next level of the British Cycling Performance Pyramid - Regional schools of racing - which if they have the ability and desire they can progress on to.

	Date	Initial	✓
PARTICIPATION: Take part in 4 or more non-competitive events beyond coaching sessions. For example, Go-Ride rides, Club Rides, Track introduction, Road & Time trial experience, BMX introduction or Mountain Biking Enduro.			
COMPETITION: Take part in 12 or more competitive events in at least 3 different cycling disciplines. These include Road, Race, Individual Time Trial, Mountain Bike, Cyclocross, Track BMX, Cycle Speedway.			
DEVELOPMENT: Take part in 4 or more local British Cycling Cluster Session. For example, Lee Valley, Cyclopark Herne Hill.			
CARING FOR YOUR EQUIPMENT: Understand the importance of keeping your equipment clean and fit for use.			

Date Progression Award Completed	
Coach Signature	

VOLUNTEER AWARD

The volunteer award is to recognise members aged 14 plus who want to help maintain Woolwich CC Go-ride, so that coaching is there for the next generation of young aspiring cyclists.

	Date	Initial	✓
Become a British Cycling Youth Volunteer and assist with 6 or more coaching sessions and/or at Go-Ride events. This can count towards other things such as Duke of Edinburgh Award and is an impressive addition to your C.V. for a University application.			

Date Volunteer Award Completed	
Coach Signature	



Make sure you bring your Awards Programme booklet at the end of every half term / term and one of the coaches will update and sign it for you.

Congratulations!

You've now completed ALL of the levels in our Woolwich Cycling Club Go-Ride Awards Programme.