

VOLUNTEER CYCLING SUPPORT RIDER

We wish to assure you of our appreciation of your volunteering with us and will do our best to make your volunteer experience enjoyable and rewarding.

The volunteer role involves supporting bicycle rides and supporting other volunteer support riders. Any queries you may have during your time with us should be referred to the Project Co-ordinator.

Objective:

To promote Age Concern's services and activities for older people.

The role involves:

- Undergoing Volunteer Cycling Support Rider training, which includes:
 - How to carry out a bicycle check (get client to make adjustments or recommend take to reputable cycle shop)
 - Look at cycle routes - carry out reconnoitres and risk assessments.
 - How to ride with a group and the size of the group (recommend 6 - 8 riders maximum to 2 leaders) and associated etiquette to cycling in a group.
 - Assessing ability of cycling participants.
 - Communication between front and back leaders.
 - Legalities of riding, such as lights, helmets, etc.
 - Be aware of accident procedure

- Undergoing Criminal Records Bureau check
- Wear yellow vests to identify leaders
- Obtain name, contact, age and Next of Kin contact details of cycling participants
- Have Outdoor Health Questionnaires completed by participants.
- Support cycle rides – warm up, brisk ride, warm down. Build in 'progression' to subsequent rides, increasing speed, length or including inclines.
- Observe participants, warn of dangers (such as traffic, uneven surfaces, obstacles, etc) and give assistance where needed.
- On Cycle Ride Attendance Register, write short report of the ride such as weather conditions, incidents, etc.
- Forward attendance registers to LEAP Over 60 Project on a monthly basis

Your role will also require you:

- To attend volunteer meetings and undertake any further training required.
- To wear a name badge when attending cycle rides and to carry a personal identity card when on Age Concern Dudley Business.
- To contact the emergency services (999 or 112) in case of emergency.
- To ensure the Project Co-ordinator is informed of any problems.

Any travelling to venue costs will be reimbursed on submission of a monthly expenses sheet.