

Led Rides

Active Travel Hub Network – 23rd October 2019

Please put your name and organisation into the Q&A panel on the right (or bottom) of your screen so we can when you have joined, thank you

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What is a led ride?



- We use quite a specific definition...:
 - More than 3 attendees
 - there is an explicit expectation of leadership, by Hub staff or volunteers, in the planning and the delivery of the ride.
 - led and managed by a ride team made up of a ride manager, supported by ride leaders and (if necessary) ride assistants
 - Organised (and advertised) to suit the ability of the group
 - Procedures include: risk assessment, safeguarding and emergency processes
 - Break the activity down to: before you set off, the ride, during the ride & after the ride



Why do we do led rides?



- Focussed on removing locally identified barriers:
 - Access to bikes and equipment
 - Knowledge of paths and routes
 - Increased skills and confidence
 - Supporting wider issues such as social isolation
 - A bit of gentle advocacy...
- Many other reasons why you might too:
 - Get people active, normalise riding a bike, socialise, share knowledge and local information



Planning and preparing a led ride



- Considerations in planning your ride:
 - Who is it for? Skill & experience level.
 - Practicalities: Start point, the route accessing bikes to borrow, facilities at start point (Ours usually start from where our bikes are stored!)
 - Processes: Complete a risk assessment, are ride staff in place? Emergency and safeguarding procedures known to ride staff.
- ***More detailed information on considerations and planning your ride is available in the 'pocket guide' I'll share after the webinar.***



Led ride support ratios



These are the minimum ratios needed for adult only rides that we use

Route type	Traffic Free		Mainly traffic free with roads crossings or short sections of quiet roads		Quiet roads		Busy or higher risk routes or sections	
	4-10	11-24	4-10	11-24	4-10	11-24	4-10	11-24
No. of participants								
Min no. of ride mgrs	1	1	1	1	1	1	2	2
Min no. of ride leaders	0	1	0	1	1	2	1	1
Assistants	1	1	1	1	0	0	0	1
Total ride staff	2	3	2	3	2	3	3	4

We train all our volunteers as ride managers

Before you set off on the ride



- Hand out attendance register and have all participants complete it including emergency contact details
- Ride manager:
 - Introduces ride staff
 - Briefs staff and participants – be clear on ride staff and their responsibilities. Include expectations of the ride including estimated finish time.
 - Confirms all essential equipment is in place
- M check of participants bikes
- *More information on ride manager briefing is in the 'pocket guide' I'll share after the webinar.*



Suggested equipment – ride staff



Essential	Extra/optional
Bike in good working order	Water
Dress appropriately for weather	Extra snacks
Printed copy of risk assessment and map	Sunscreen
A small pack of tools and bike parts: a set of Allen keys, spare inner tubes, tyre levers, puncture repair kits, a bike pump, and bike oil	Bring warm clothes and waterproof clothes to wear, with extra water proofs if you have them
Participant registration form with emergency contact details	Group shelter
First Aid Kit	Bike Helmet
Fully charged mobile phone	Extra bike lights

During the ride



- Primary concern is participant and staff safety
- Ride manager and staff will dynamically assess risks
- Operate a successful ride including
 - Setting a reasonable pace
 - Monitoring participants including stops and explicit checks (take a head count!)
 - Proactive manage the group though junctions as per training and guidance
 - Take photos (if agreed) to aid with future promotion!



After the ride



- Check everyone is back
- Encourage feedback – either now or tell the participants how they can feedback later
- Don't forget to gather survey or other data collection you need!
- Complete incident process if required
- Store/destroy participant register and risk assessment as per GDPR guidelines
- Thank everyone for coming – highlight up coming events and activities



What we do



- **Beginners ride**
 - 6-8 miles / 1 hour, almost completely off road
 - Goal: (re)introduction to cycling, skills improvement, introduction to local paths and routes, social connection
- **Intermediate ride**
 - 8-10 miles / 1 hour, approx. even split of on & off road
 - Goal: progression from beginners ride, practising active travel routes, supporting the preparation and action stages of behaviour change
- **8 week skills block**
 - 8 week curriculum blending cycle skills and led ride
 - Goal: Recognising how effective but resource intensive 1-to-1 cycle skills are, recognising a min 'cycle-club' was forming, really encouraging and advocating change with appropriate support



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