



BIKE RIDES FOR WOMEN FROM BRITISH CYCLING

The Breeze network

Group bike rides - led by women, for women

The Breeze network is British Cycling's new national network of bike rides for women. Supported by Sport England lottery funding, Breeze will deliver tens of thousands of cycling opportunities for women across England.

These fun, recreational group bike rides will be led by women for women. The Breeze network empowers women to change the face of cycling for good and leave a lasting legacy. Over the next three years British Cycling will train over 1,000 women to become local Breeze champions with a Ride Leader qualification. This will result in over 80,000 women cycling.

Being part of the Breeze network

We are investing lottery funding from Sport England in providing free national governing body training, kit and ongoing support to the network of volunteer Breeze champions. In return we hope you will provide some straightforward information, promote the Breeze network and deliver around 14 rides a year in your local area. All the breeze clothing and kit is yours to keep as a volunteer who is actively supporting the Breeze network.

Breeze champions will help other women to enjoy the fun, fresh air and freedom offered by bikes rides. This network of Breeze champions are vital to the success of the network.

Dedicated Ride Leader training and support for female volunteer Breeze champions - motivating like-minded women to get on a bike

Fun and local bike rides led by women, for women

Information on female friendly bike shops, bike hire and re-cycle schemes

Mass participation bike rides across the country

Easy to use website and registration process

Cycle training - more female instructors trained by British Cycling to help women get on their bike

Ride Leader Award

Course format for Breeze champions

One day of training during which you will complete the following modules:

Introduction

An introduction to the course, its demands, resources and the role of a Ride Leader.

Preparing to Lead a Ride

How to effectively prepare for leading rides including collection of rider information, preparing a ride and modifying or adapting your chosen route.

Delivering Rides

A practical module, including setting a general riding position, conducting a short warm up and delivering a small group ride.

Reviewing Rides

An introduction to how to review your led rides, monitoring and developing your own leading practice.

Led Rides Safety

Practical tips on bike, helmet and clothing checks, how to conduct and implement a risk assessment, and an introduction to warming up and cooling down.

Good Leading Practice / Code of Conduct

A practical guide to increasing your awareness and confidence in responding appropriately should concerns arise and discussing good leading practice.

The course will also include an initial assessment of your leading skills (delivery of a 15 minute ride); an individual review of your performance and creation of an action plan in consultation with your tutor will be conducted. If successful during the practical assessment you will be awarded with a Level 1 Ride Leader qualification.

Please Note: Participants need to be 18 years or over. You will also need to hold a valid Health and Safety Executive approved Emergency First Aid certificate. If you do not have a First Aid certificate, you will qualify as an Assistant Ride Leader and will need to buddy up with a Ride Leader to deliver rides. British Cycling can assist you by providing you with a HSE approved Emergency First Aid training course at a subsidised cost of £25.00 (usual price £70). Alternatively we can give you tips where else to access this training if you are interested.



Get in touch and find out more about the Breeze network breeze@britishcycling.org.uk