



Name: \_\_\_\_\_ Learner Number: \_ \_ \_ \_

Centre Name: Breaking Cycles CIC

Centre Number: 84100

# CYCLE RIDE LEADER: RIDE PREPARATION

## (UNIT 1 Workbook)

In order to complete unit one, you will lead a ride (this can be shared or done with support) and complete this workbook. The evidence that you have achieved this will be this workbook and a summary sheet completed by your assessor after observing your led ride.

Successful participants in this unit will have:

- Demonstrated the ability to
  1. use open questions to find out about the needs of their group
  2. use open questions to find out about the cycling experience and confidence of their group
  3. use a weather forecast to inform the items they carry for the group
- Shown knowledge of
  4. the intended purpose of the bikes their group are using
  5. two common mechanical issues, which may occur during a ride and how to resolve them
  6. three items that could save someone's life in a first aid scenario
  7. three tools which are commonly used in roadside repairs
  8. five types of public right of way on an Ordnance Survey (OS) map
  9. contour lines on an OS map
  10. two online resources that can be used to create digital routes
  11. signage used on cycling infrastructure.

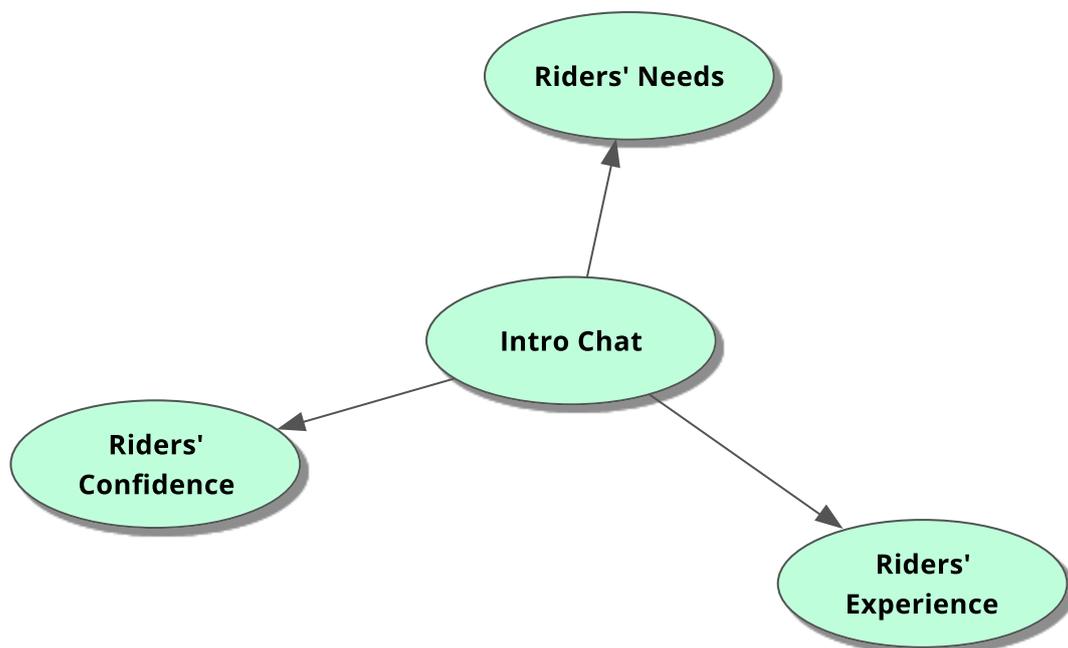
## (Outcomes 1, 2 & 3) Before you set off...

Before you set off on a ride with your group, you will need to have an introductory chat about the ride and make sure that you are familiar with the experience, confidence and needs of your group.

The best way to do this is to initiate conversations using open questions.

During your led ride, your assessor will observe you doing this and make note of your success on your summary sheet.

Discuss what you might need to know about a person and how you might find that out with other trainees, you can use this mind map to take notes as you go...



## (Outcome 4) Bikes

Like people, bikes are diverse machines so it's always a good idea to make sure that riders' bikes are suitable for them and the terrain you are planning to ride on. Completing the following table will demonstrate your understanding of different types of bikes and what they are used for.

	<p>This bike is intended to be ridden fast on smooth flat roads. Describe the features of the bike that make it suitable for this purpose.</p>
	<p>This bike is intended to carry cargo in urban environments. Describe the features of the bike that make it suitable for this purpose.</p>
	<p>This bike has been designed to be ridden over both rough and smooth terrain for long distances. Describe the features of the bike that make it suitable for this purpose.</p>
	<p>This bike is intended to be ridden over rough terrain at speed. Describe the features of the bike that make it suitable for this purpose.</p>

## Preparing for the worst...

It is important to be prepared and carry the equipment that you might need in an emergency situation. Completing this section will demonstrate your understanding of preparing for the worst and what you should carry to deal with emergencies.

### (Outcome 5) Mechanicals

If you are using well maintained bikes, you are only likely to have to deal with the two most common mechanical breakdowns. What are they and what would you do to resolve the issue?

Description of issue	Your Solution

(Outcome 7) Thinking about your answers above, which three tools do you think are essential as part of your ride leader kit?


## (Outcome 6) First Aid

We all know that it is a good idea to carry a first aid kit and that first aid kits tend to contain items like bandages, gauze, antiseptic wipes, plasters etc.

It can also be a good idea to take some extra items with you too, as they can really help with first aid emergencies. Please suggest an item that would be useful in the following eventualities...

Scenario	Item that could help
<p>Someone on your ride is showing the symptoms of Hypoglycemia. They are probably diabetic.</p> <ul style="list-style-type: none"><li>• sweating.</li><li>• feeling tired.</li><li>• dizziness.</li><li>• feeling hungry.</li><li>• tingling lips.</li><li>• feeling shaky or trembling.</li><li>• a fast or pounding heartbeat (palpitations)</li><li>• becoming easily irritated, tearful, anxious or moody.</li></ul>	
<p>Someone on your ride is showing the symptoms of an impending heart attack</p> <ul style="list-style-type: none"><li>• chest pain – the chest can feel like it's being pressed or squeezed by a heavy object, and pain can radiate from the chest to the jaw, neck, arms and back</li><li>• shortness of breath</li><li>• feeling weak or lightheaded, or both</li><li>• an overwhelming feeling of anxiety</li></ul>	
<p>It is cold and/or wet, someone on your ride has broken their arm and needs to wait for an ambulance. You have used items in your first aid kit to stabilise their arm, but they are at risk of Hypothermia whilst they wait for help.</p>	

## Routes & Navigation

The more familiar you are with your route, the easier you will find navigation. Using Maps, Apps and Signage can also help you to navigate, especially if it's the first time you are leading a ride on that route. Completing this section will demonstrate your understanding of Navigation.

### Ordnance Survey Maps

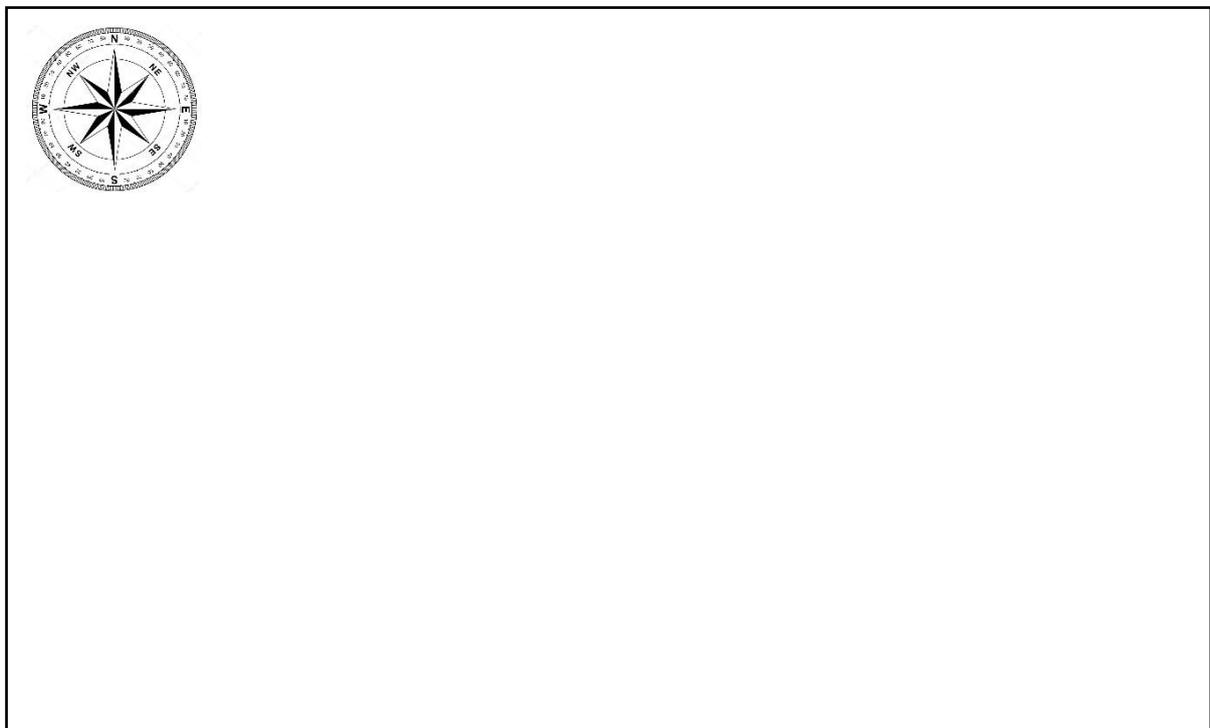
Reading an OS map is much easier if you have a good understanding of what symbols you are looking for as it reduces the need to keep checking the key! Familiarise yourself with the key on an OS map and complete the following table by drawing the symbols for 5 public rights of way.

(Outcome 8)

Right of Way	Symbol
Footpath (we're not allowed here on bikes!)	
Bridleway	
Byway	
Minor road	
National Cycle Network	

(Outcome 9) Contour lines indicate the height of the contours of a hill, so if they are close together, the hill is steep. Each contour line is 5m apart in vertical Height.

Draw the contour lines for a hill which is 95m above sea level at its lowest point and 135m above at its highest point. You should make it steepest on the NW slopes.



### (Outcome 10) Apps

There are a range of apps available that can help you to create digitally followable routes. Each has its individual advantages and disadvantages. Please use the space below to describe two that you find useful when planning or leading a ride.

Application	Description

### (Outcome 11) Signage

Cycling infrastructure is usually signposted to assist you in making good use of it.

What do the following signs mean?