



# DITCHAM PARK SCHOOL

*Where every child is known and valued*

## **DITCHAM PARK SCHOOL CYCLING CLUB (DCC) Information for parents**

*Cycling is a physically demanding and adventurous activity and, while every effort is taken to minimise the risks, risks cannot be completely eliminated.*

In order to minimise risk, DCC adheres to our operating policy which has been compiled in consultation with:

- British Cycling best practice guidelines for on-road and off-road cycling
- Hampshire Outdoors 'Adventurous Activities: Guidance and Good Practice'
- Experienced volunteer ride leaders qualified in coaching, road leading and mountain bike leading.

A copy of this operating policy is available on the cycling page of our website and on request.

DCC aims to achieve inclusivity for all pupils in club activities and assesses each child's needs individually to ensure participation is achievable, safe and enjoyable for all.

### **DCC Activities**

**After-school club** – Thursday for Transition to Middles (until 5pm), Uppers and Seniors (until 5.30pm). Riders learn general cycling skills and specific MTB skills on the school grounds including the MTB trails. Riders may also venture off-site in a small group onto the bridleways and tracks of the South Downs.

**Young Riders Club** – Saturday mornings 10.30-12.30 for Pre-prep to Transition. Parents must stay with their child for these sessions.

**Weekend MTB Adventure Rides** – once a month through the academic year using local trails, bridleways and tracks. These rides vary in difficulty and Ride Leaders determine which riders may attend. Parents are very welcome to ride too.

**Weekend Road Rides** – Riders over 12 years who have Bikeability Level 2 may apply to join weekend road rides. If your child has not had the opportunity to take Bikeability Level 2, they can be assessed by one of our leaders using the Bikeability criteria for the purposes of joining Road Rides. Ride Leaders may refuse an application if riders have not demonstrated sufficient bike skills/maturity/road sense on MTB rides. Parents are very welcome to ride too. These rides, length 15 miles upwards, take place in the lanes of Hampshire and West Sussex.

**BSCA National Hill Climb Championship** – this is hosted by the school and we like to field a good team on the day. Our students are currently the gold medal winners for the Under 7 Boys, Under 9 Girls, Under 9 Girls' Team, Under 11 Boys Team and silver medal winners for the Under 7 Boys and Under 11 Boys. Weekend training on the North Drive and the adjoining road to the B2146 takes place in the spring. The Championship is usually held on the second Saturday in June.

**Other Activities** – DCC may organise other cycling activities such as the Epic Ride from Winchester to school (June 2019), and Velodrome trips.

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Headmaster: Mr G Spawforth, MA, MEd



Please note that parents are required to sign out their child from all cycling activities.

**Communication** about club activities is by email. If we need to cancel a session during the school week at short notice (usually due to weather), we also send out a Clarion Call message.

**Privacy Notice** - All Ride leaders carry all riders' emergency contact details on off-site rides. Emergency contact details and riders' medical information are contained in a pdf document held on thumb/password protected phones. Every year the pdf is updated and volunteers delete the previous version. All riders details are stored on this pdf irrespective of whether they are attending a particular ride. When a rider leaves the club, their data is removed at the end of the academic year when the pdf is updated. DCC does not share your data with any third parties. If you have any queries or concerns about the way we store or use your personal information, please contact either Lucy O'Loughlin on [lucy.oloughlin@ditchampark.com](mailto:lucy.oloughlin@ditchampark.com) or the bursar, Denise Allen on [denise.allen@ditchampark.com](mailto:denise.allen@ditchampark.com).

### **Bike Maintenance**

It is parents' responsibility to ensure that a rider's bike is in a safe condition to ride. Last year we saw an increase in children bringing bikes in poor condition to cycling sessions. Please regularly service your child's bike or have it serviced for you in any of the local bike shops. Please also regularly check your child's bike against the checklist provided at the end of this document. We are happy to help and advise with bike issues but just do not have the time to fix bikes at after-school club or during a weekend ride. Riders who turn up with punctures or without bar plugs, working gears, brakes etc will not be able to join in a session. Please note that any Juniors who cannot ride due to the condition of their bike or because they have forgotten their helmet will be put into Activate, after-school club, and you will be charged for their after-school care. Seniors will be sent to Homework Club in the Library. Bikes should be left in the bike racks situated near the theatre: Please bring your own lock. Any bikes left overnight should be put in the DofE/bike hut.

### **Check list for riding**

#### **Thursdays and Young Riders**

Necessary – helmet, appropriate clothing for the weather and temperature

Advisable – gloves, cycling glasses

#### **Adventure and Road Rides**

Necessary – helmet, appropriate clothing (long arms) for the weather and temperature, snack, water, lights (road)

Advisable – gloves, cycling glasses, spare inner tubes, small cycling rucksack.

**Cost:** £50 annual fee DCC membership. An extra charge of £5 per Weekend ride (capped at £15 p.a.) for Uppers and Seniors, £3 for Transition to Middles (capped at £9 p.a.). DCC fees will be added to school fees invoices. Fees go towards the running costs of the club and on-going Ride Leader Training – Ride Leader qualification courses, affiliation fees, First Aid courses for ride leaders, development of school trails, first aid and bike maintenance supplies, cones, tools etc.

**DCC Kit** - DCC kit is custom made to order. A purchasing window is opened during the year during which kit can be bought. Email to follow.

**Social Media** - DCC currently has the following presence on social media: Secret Facebook (please email Mrs O'Loughlin if you would like to receive an invite), Instagram dps.mtbclub and Youtube channel DPS MTB.

### **Other Miscellaneous Information**

Please ensure that you make a note of any medical conditions your child has on the Parental Consent Form. Please inform the Ride Leader of any changes in the medical condition of your child prior to taking part in the activity. If you have any concerns about your child's health and cycling, please consult your GP before giving permission.

We no longer require riders to become members of British Cycling as our club is covered by our own in-house insurance. We would, however, advise riders who ride outside the school to take out suitable 3<sup>rd</sup> party insurance through providers such as British Cycling, Cycling UK etc.

Bikes should be left in the bike racks situated near the theatre: Please bring your own lock. Any bikes left overnight should be put in the DofE/bike hut.

Any queries about DCC, please contact the school Cycling Coordinator, Lucy O'Loughlin. [lucy.oloughlin@ditchampark.com](mailto:lucy.oloughlin@ditchampark.com)

Thanks to our dedicated team of volunteers:

#### **Qualified Cycle Leaders**

Fergus O'Loughlin (MIAS 2),  
Stewart Johnson (BC Level 2 and MIAS 2),  
Jude Haworth (BSCA Mountain Bike Leader Award)  
Neil Beaton (BC Level 2)  
Gail Beaton (BSCA Mountain Bike Leader Award)  
Roy Marshall (BSCA Touring Award)  
Paul Hawkins (BSCA Mountain Bike Leader Award)  
Bernhard Klemm (BSCA Mountain Bike Leader Award)

#### **Volunteers**

Beth Svarovska and her daughter Abigail  
Andy Van den Broeke  
Jenny Worrall  
Helen Baker  
Rupert Crispin

**Parent help!** Our Thursday club and Weekend Adventure Rides depend on parent help as both cycle leaders and support. The school offers cycle leader training (BSCA/MIAS) to experienced mountain bike riders who are available to assist on a regular basis, either on a Thursday or Saturdays. We are also on the lookout for parent supervisors on a Thursday evening and 'support car' drivers for Weekend Adventure rides – the car carries essential kit, is available for emergency pick-up and meets the group at the start, finish and mid-point. Parents are very welcome to join the Saturday rides – either for their own enjoyment with their child or to assist in managing the group. Donations of cakes are gratefully received (no nuts of course)!

If you would like to support the club in either role, please contact Lucy O'Loughlin on [lucy.oloughlin@ditchampark.com](mailto:lucy.oloughlin@ditchampark.com).

**In giving consent for your child to take part in cycling activities, you are confirming that you have read this information and considered the nature of the sessions and their suitability for your child. You must consider that your child is capable and suitably competent to take part and to follow the instructions of the ride leaders.**

## Bike Check

