



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 from September 2020

We are running restricted activities from the start of the academic year September 2020 in order to adhere to DfE and school guidelines during this period of Covid 19 infection.

After-school club – Thursday after school club 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 – This will not be running in its usual format at the moment.

Weekend MTB Adventure Rides – usually we would ride 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. We are currently looking at how we may recommence this programme and will be in touch by email.

Weekend Road Rides – These have been cancelled for the foreseeable future.

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. This event has been postponed until September 2021 and we will be in touch about entry for this in due course. Weekend training on the North Drive and the adjoining road to the B2146 will be arranged.

Ditcham Park School, Ditcham Park, Petersfield, Hampshire, GU31 5RN
Telephone: 01730825659 Fax: 01730825070 E-mail: info@ditchampark.com www.ditchampark.com

Headmaster: Mr G Spawforth, MA, MEd

The Ditcham Park School Charity Association
(A company limited by guarantee. Registered in England no. 1648056. Registered office as above. Registered charity no. 285244)



Other Activities – DCC may organise other cycling activities such as the Epic Ride from Winchester to school (June 2019). We hope to run this ride in June 2021 for riders in Years 9 and 10.

Please note that parents are not required currently to sign out their child from all cycling activities. Instead Mrs O'Loughlin will tick each rider off on the register to say that s/he has been collected. Parents are asked to wait in or near their cars for their child at collection time. Please do not take your child without seeing Mrs O'Loughlin so that she can tick off on the register.

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 riders' emergency contact details on off-site rides (in paper form). These are collected by Mrs O'Loughlin after every ride and shredded. 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 or the bursar, Denise Allen on denise.allen@ditchampark.com.

Bike Maintenance

It is parents' responsibility to ensure that a rider's bike is in a safe condition to ride. Every year children bring 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 but will need to remain with the group. 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

Necessary – helmet

Advisable – long legs and long arms, gloves, cycling glasses, after-school snack

During Covid 19 restrictions, all Thursday Club riders should come to school in PE kit including tracksuit bottoms/skins, tracksuit top, waterproof top.

Adventure and Road Rides

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

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

Cost: Each after-school session in the summer term 2021 costs £5 These fees will be added to the following term's school fees invoices. MTB club 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.

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. Photographs of riders are included on social media. You may opt in/out of the use of your child's photographs on any of these platforms on the consent form.

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 3rd party insurance through providers such as British Cycling, Cycling UK etc.

Any queries about DCC, please contact the school Cycling Coordinator, Lucy O'Loughlin. lucy.oloughlin@ditchampark.com

Thanks to our dedicated team of volunteers:

Qualified Cycle Leaders

Lucy O'Loughlin (staff) (BSCA Mountain Bike Leader Award)

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)

Paul Hawkins (BSCA Mountain Bike Leader Award)

Bernhard Klemm (BSCA Mountain Bike Leader Award)

Jez Bullen (Cycle UK Mountain Bike Trail Leader Award)

Tom Dames, (MIAS 2),

Simon Bull, (MIAS 2),

School Cycle Captains

Ethan Leighton

Ben Haworth

Volunteers

Abigail Svarovska (pupil)

Beth Svarovska

Leeanne Barber

Helen Baker

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 at 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

