



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.

After-school club – Thursday after school club until 5.30pm between Easter and October half-term. 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 – A Saturday morning club (10-12 noon) for Juniors riding a 24 inch wheel or smaller. Basic riding skills, plus road and MTB riding skills. This is run by our qualified British Cycling coach, Neil Beaton.

Weekend MTB Adventure Rides – Held on a Saturday or Sunday through the academic year, these rides take place once a month in the South Downs area 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.

Hill Climb Training – This occurs in the weeks leading up to the National Hill Climb held annually in June on our hill. If there is sufficient interest, these sessions can also be run at intervals during the winter and spring terms.

BSCA National Hill Climb Championship – this is hosted by the school annually in June and we like to field a good team on the day. Our students are currently the medal winners for the Under 9 and Under 11 Girls' Teams, and the Under 9 and Under 11 Boys teams.

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

Ditcham Park School, Ditcham Park, Petersfield, Hampshire, GU31 5RN
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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)



When picking up your child from any MTB Club activity, please make sure that you have spoken to the organiser on the day so that we know that every child has been collected safely.

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 – Please note that contact names, phone numbers, and email addresses of riders' parents will be provided to volunteers as the MTB Club is largely volunteer organised. When a rider leaves the club, their data is removed at the end of the academic year when the membership is updated. DCC does not share your data with any other third parties. If you have any queries or concerns about the way we store or use your personal information, please contact the school bursar, Glen Jones on glen.jones@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 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 and Saturdays

Necessary – helmet, long legs and long sleeves in the Autumn term and Spring term

Advisable – gloves, cycling glasses

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: The fee for membership of the MTB Club is £60 per annum plus £5 per Saturday adventure ride. 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: Private Facebook (please complete section in enrolment form to receive an invite), public 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 membership 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 on MTB@ditchampark.com

Thanks to our dedicated team of volunteers:

Qualified Cycle Leaders

Fergus O'Loughlin (MIAS 2),

Neil Beaton (BC Level 2)

Jez Bullen (Cycle UK Mountain Bike Trail Leader Award)

Tom Dames (MIAS 2)

Isaac Walker (MIAS 2)

School Cycle Captains

Connor Martin

Volunteers

Abigail Svarovska (ex-pupil)

Beth Svarovska

Helen Baker

Kate Short

Alistair Walker

Jonathon Hall

Tess Hall

Dave Hall

Julie Ness

Daniel Porter

Sarah Whittle

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 MTB@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

