

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 – This runs every other Thursday between Easter and October half term for each age group from after school to 5.15pm. 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.

Parents are asked to complete the online sign up sheet, issued each week, so that an accurate register can be held, including details medical issues and contact numbers. Parents are asked to sign their children out at the end of each session, with one of the club leaders.

Weekend MTB Adventure Rides – once a month through the academic year using local trails, bridleways and tracks. Parents are very welcome to ride too. We aim to make the rides suitable for the range of riders taking part, but occasionally rides will be limited to more experienced riders with the endurance to complete longer distances. Details and a link to a sign up form will be emailed out to all club members prior to each ride.

Fees – Fees are added to your 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.

BSCA National Hill Climb Championship – this is run by the local Solent Pirates club and hosted by the school. It takes place in June each year. We encourage the widest participation in this event, from all age groups and our younger riders have the chance to become National Champions!

We will organise some after-school and weekend training on the North Drive in the weeks before the event.

Other Activities – We are always looking to explore other riding opportunities and adventures that align with the school's interests and calendar.

Check list for riding

Thursdays

Necessary – Bike, helmet, gloves, water, snack (nut free)

Advisable – cycle appropriate clothing, (long sleeves and legs make those occasional tumbles less sore!). Please include an extra warm layer as the North Woods trails see little sun and are always chilly.

Adventure Rides

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

Advisable – cycling glasses, spare inner tubes, small cycling rucksack. Pupils arrive on rides with a range of wheel sizes and we can't always carry enough tubes in every size, so please consider equipping your child with a small tool kit and spare tube. We can help them use it.

Communication about club activities is usually by email but we also run a parent-led WhatsApp group which members will be invited to run. This is strictly for those of age 13 and over. 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 a staff member after every ride and shredded. DCC does not share your data with any third parties.

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. Please in particular make sure that the handlebars have bar plugs in the ends to prevent serious coring injuries. 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.

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 mark.philips@ditchampark.com

Social Media - DCC currently has the following presence on social media: Instagram dps.mtbclub. Please follow this account and catch up with some of the impressive stuff our young riders are doing. Photographs of riders are included on social media but not names. 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.

Any queries about DCC, please contact the school Cycling Coordinator, mark.philips@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.

Happy Cycling to all

Mark Philips

Adventure Activities Coordinator

