



GCSE P.E.
ROAD CYCLING COURSE
@CYCLOPARK



CYCLOPARK[®]
RIDE • FITNESS • PLAY



WELCOME

Thank you for your interest in the Cyclopark Charity Trust for your GCSE Road Cycling course. Our strength is in the quality of teaching provided by our instructors on the track and we look forward to welcoming you and your students to the Park for a great experience on two wheels!

This document aims to provide all the information you would need to get the most out of your two-day GCSE Road Cycling course. If you have any further questions, please refer to the contact details at the end.

OVERVIEW

We have a pool of qualified British Cycling Coaches who will guide your students through a Road specific session on day one, with a separate coach who will assess each rider's competencies on day two. Perfect scores will be based on the best riders seen from GCSE sessions, and NOT benchmarked against club level riders.

Please note, this is NOT a learn to ride session and basic riding abilities will be required for which the pre-requisite skills required are detailed below.

Our facility is extensive, and we will use carefully selected areas of track for your sessions. For the safety of the students, the track used for the GCSE course will be closed to the public at these times. As our venue is bustling with daily activities, we will do our best to accommodate an indoor welfare space at lunchtimes and you are welcome to use our outdoor picnic area and the cafe.

Please ensure you arrive between 09:00 – 09:15 to allow a brief to riders on vital safety elements and so they are set up and ready to begin at 09:30. Report to reception on arrival who will book you in and introduce your session coach. An hour is scheduled for lunch at approximately 12:00 and extra refreshment breaks may be included to keep riders energised depending on weather conditions. Sessions typically finish at 14:30, although there can sometimes be delays for mechanical issues, riding incidents or videography errors.



FURTHER INFORMATION

Pre-requisite Skills

ALL riders attending the two-day GCSE Road Cycling course should be able to:

- Start using the pedals.
- Control their speed and stop using the brakes.
- Steer and corner.
- Know how and why to change gear.
- Ride near other riders.
- Ideally be able to ride standing up.
- Be capable of riding for at least 30 mins without a break and approximately 2.5 hrs per day in total.

Skills Assessment

On day two of the course riders will be assessed* on the following skills:

- Cornering.
- Group riding.
- Pace judgement.
- Ascending.
- Descending & Braking.
- Sprinting.

**depending on exam board.*

Riders will also take part in a 10-lap circuit race, taking approximately 30-40 minutes which will test techniques in context.



Equipment Provided

Riders will be given a helmet and bike for use during both days.

Riders will be required to comply with Cyclopark's Parkwide Helmet Policy at all times which will be explained at the briefing.

All riders will all be on identical bikes. These are Cyclo-X bikes with road tyres, dropped handlebars, and combined gear and brake levers. Bikes have bottle cages, so can carry a rider's drink during the session.

Bikes have standard flat pedals and therefore riders will be required to wear suitable trainers. See clothing, below.

To avoid damage, the bikes need to be used with care and as per the safety briefing. Any serious damage to our equipment caused by inappropriate use or neglect will be charged back to the school.



What to Bring

Riders:

- Sessions take place in all weathers, so riders need to be prepared.
- In cold weather bring gloves and a thin? hat to wear under the helmet.
- In wet weather bring a waterproof jacket and a change of clothes.
- In hot weather bring shorts, tee shirt and sun cream. Sunglasses are optional.
- The Park is often windy and feels colder than the temperature is forecast to be locally so plan accordingly.
- A pair of lycra/fitted cycling shorts will greatly improve comfort but are not essential.
- We recommend flat sturdy trainers like vans or cons for max grip and comfort.
- Sandals, sliders, flip fops, or similar are not permitted.
- We advise not wearing baggy clothing, or loose shorts or tops.
- A healthy lunch, drinks and snacks to sustain energy levels or money to purchase from the onsite café.

It is the school's responsibility prior to and on the days to ensure that:

- Riders meet the minimum pre-requisite skills, above.
- Rider behaviour and adherence to Cyclopark coaching rules is managed by the teachers who must stay with the session at all times.
- Riders bring money for the café or a healthy lunch, drinks and snacks to sustain energy levels as well as spare clothing, particularly when adverse weather is forecast.
- For assessment days, there are at least two members of staff with a camera each plus spare batteries and plenty of memory. Coaches will advise on where to position to capture your video evidence, however it is your responsibility to accurately capture the content.

Please Note: Schools need to ensure that their video evidence gathered reflects the scores given by the Cyclopark Assessor before they submit to avoid a moderator marking down grades.

Post Session

Cyclopark will provide a full breakdown of all technique scoring and race scoring via pdf for each rider.

Pricing

Pricing is £650 for 10 riders and £50 per rider thereafter.

There is a minimum booking of 10 riders and a maximum group size of 15.

If you are bringing a minibus/vehicle(s) that will stay onsite, parking charges will apply and will be added to the session invoice. Please confirm number of vehicles on the booking form.

If you need any further information on the cycling content, please email our Cycling Development Manager:

luke.anderson@cyclopark.com

For assistance on your booking info, please contact:

bookings@cyclopark.com

We look forward to welcoming you to GCSE Cycling soon.

LUKE ANDERSON

Cycling Development Manager | The Cyclopark Charity Trust



FAQS

Can I take part if I can't ride a bike?

Unfortunately not. This is a GCSE level course and we cannot accommodate a learn to ride scenario within the session. Unfortunately, any non-riders will be excluded on safety grounds.

What if I haven't ridden a road bike before?

Provided the student has basic cycling skills (listed in the Pre-Requisite section) gained on a pedal bike, be that a mountain or hybrid bike, they can learn the finer points of road riding on a road bike during the first day.

Are changing rooms available?

Yes. We have a large changing rooms as well as accessible showers.

What if the weather is bad?

As cycling is an all-weather sport, sessions will continue whenever safe to do so. Cancellations may take place in the event of an icy track, snow, high winds above 40mph and possible thunderstorms. Regular welfare breaks will be taken in the event of rain or extreme temperatures.

What happens if a bike breaks?

Our experienced coaches will be able to assist with small running repairs. Should the bike not be rideable due to a flat, wheel swap requirement or any other mechanical repairs, the bike will be swapped out. Any serious damage to our equipment caused by inappropriate use or neglect will be charged back to the school.

What happens if a rider has an incident whilst riding?

We have a team of First Aid trained staff who can support the coaches in the event of a rider injury. The majority of riding incidents experienced in the GCSE Sessions are not serious and riders will continue to take part in the session. Occasionally riders will suffer grazes or road rash, and very rarely a more serious incident such as a concussion. Should a coach suspect a concussion, the rider will be removed from the session in-line with British Cycling's concussion protocol.

How long will it take to complete the race?

The race lap is slightly less than one mile which is undulating and needs to be completed ten times for which riders should be prepared for a continuous effort of 30–40 mins.

Can rider get good grades if they are not fit or fast?

Yes, grades are based on techniques and elements of skills and tactics which do not require speed. Road Cycling is a highly technical sport, so riders can score highly by applying the coaching points from the first day.

What happens if a rider has an incident in the race?

The coaches will attempt to assist with minor mechanical issues. However larger, more technical issues or crashes may result in a DNF (did not finish) for the rider which may affect their overall score.

When do the grades get released?

Results are usually compiled and returned within a few working days.



HOW TO FIND US

**THE TOLLGATE, WATLING ST,
GRAVESEND DA11 7NP**

BY CAR

Cyclopark is located off the A2 in Gravesend, Kent. Take the Gravesend (Central), Wrotham & Services A227 exit from the A2 towards Gravesend. At the Coldharbour Road/Wrotham Road roundabout, follow the brown attraction signs towards the services and turn into Cyclopark. Plenty of parking is available.

BY TRAIN

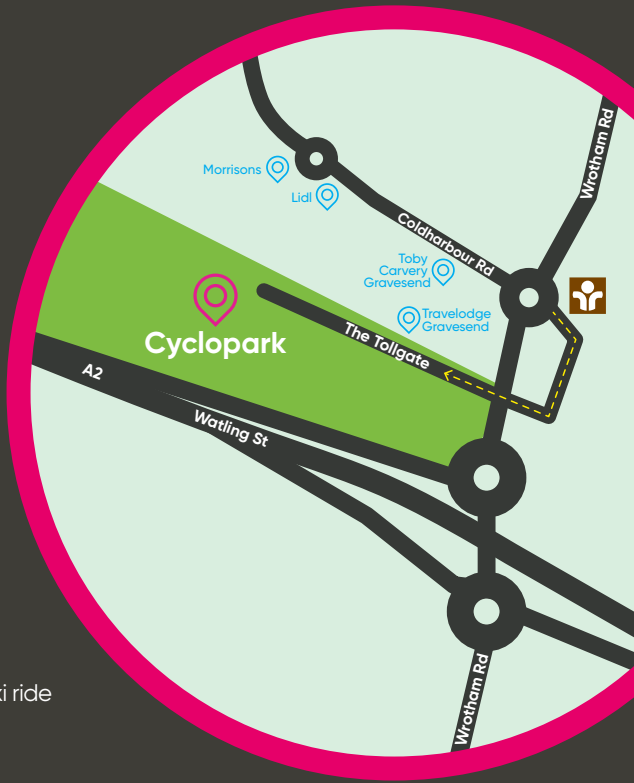
From London St Pancras International or Victoria, take a Southeastern train to Gravesend (30-45 minutes). From Gravesend station, a 10-15 minute taxi ride will get you to Cyclopark.

BY BUS

Local buses like Fastrack B from Gravesend town centre stop near Cyclopark. Check local schedules for routes and timings.

CYCLING/WALKING

The National Cycle Network Route 177 (N177) runs adjacent to the park connecting users to Gravesend and its many cycle paths. The N177 also connects via other National Cycle Network Routes to the River Thames and south east London to the north and via Rochester, Maidstone and Ashford to the south coast.



CYCLOPARK®
RIDE • FITNESS • PLAY



cyclopark.com



[@CycloparkKent](https://www.facebook.com/CycloparkKent)



[@Cyclopark](https://twitter.com/Cyclopark)



[@cyclopark.kent](https://www.instagram.com/cyclopark.kent)