

Cycling Award for Young Volunteers and Go-Ride community clubs



The Cycling Award for Young Volunteers (CAYV) – provides young people aged between 14 and 18 with a broad range of skills, across a wide variety of activities and an exciting and varied choice of roles to experience within the sport. A young person can volunteer in:

- **Running a club** – this may include event management, race co-ordination, club development and could lead to becoming a Youth Officer for the club
- **Officiating** – this can encompass marshalling at Go-Ride racing events and assisting at British Cycling open competitions
- **Coaching** – acting as an assistant to a British Cycling qualified coach at a local Go-Ride club

What will a young volunteer be expected to do?

Volunteers will undertake a workshop which lasts approximately 6 hours. This could be delivered in one day or in two or three sessions at school or during evenings at your cycling club. The workshop gives a broad introduction to cycling, its various disciplines and the three volunteering options outlined above. Following the workshop the requirement is to take a minimum of six 2 hour opportunities to volunteer, supported by a local club, covering the three volunteer options.

What is in it for my club?

Youth voice and engagement

Young cyclists and volunteers are tomorrow's international stars and society leaders. Those undertaking a CAYV can be a figure for your younger members to relate to and an outlet through which to voice opinions. British Cycling is also setting up regional youth forums. Your club's needs and views could be represented on such forums by a young volunteer and they could even contribute to Go-Ride development groups.

Club management

Volunteers could shadow current committee members and ease the workload involved in administration. Young people could provide current knowledge of internet resources and assist with website design and promotional materials.

Officiating

Club races and events can run more smoothly with more volunteers to act as stewards, organise races and perform judging duties.

Coaching

Young volunteers can assist coaches in the logistics of school club or after-school sessions, in the set-up and adaptation of equipment for example. They could also coach young member sessions after completing a Level 1 Certificate in Coaching, provided that they are over 16.

Strengthening links

By accepting young volunteers into your club you could benefit from improved links with your local school and thereby a source of new members. Perhaps your club already has young volunteers whom would benefit from the course and recognition. You could give them something back by putting them forward.

What your club can give the young volunteers

Your club can be a key influence in the development of the young adults and cycling stars of tomorrow. The experiences that young people can gain from being involved in officiating, management or coaching within your club are those that schools cannot teach. You will help them on their way to becoming young leaders, to employment, university or even a career in cycling.

What does the club have to do?

British Cycling will help place volunteers in their local clubs. The volunteers will require structured opportunities covering the three key elements of the CAYV programme. Each club will be required to appoint a Volunteer Coordinator who can ensure an approved structure for the volunteering programme. British Cycling can help to organise for the candidate to undertake a short course in 'The Role of a Volunteer Coordinator', delivered by Running Sports. The coordinator will be responsible for signing the *Volunteer Passport* of their volunteers in order for each level to be certified by British Cycling. Clubs and their Volunteer Coordinators will be supported by the British Cycling Development team.

Further Information

For further information about the Cycling Award for Young Volunteers please:

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