

Outdoor Adventure Club



2nd Edition

Expedition Training Project



Cycling Training and Weekly Sessions

Motivating Young People and raising achievements using outdoor adventure.

Calmness – Confidence – Empowerment- Problem Solving – Resilience - Risk Assessing

Skills you will learn: Cycling, Bike Repair and Maintenance, Cycling Skills, Highway Code, Orienteering Skills, First Aid and Understanding of hazards and safety.



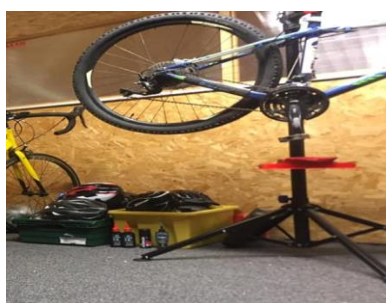
- Cycling Programme
- Introduction to OS maps
- Navigating using maps
- Health and Safety, Hazards, Route Design & Planning
- Emergency Procedures and Outdoor First Aid
- Cycle Trails
- Health and Safety, Hazards, Route Planning
- Basic Roadside Repairs
- Expedition Kit and Equipment

Session Days:	Friday's
Times:	5pm – 8pm
Location:	Wyke Sports Village, Wyke
Open to:	Ages 11 – 16Yrs

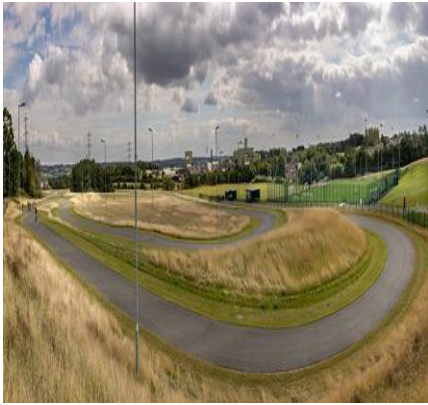
Winter (Indoors)



- Introduction to OS maps
- Navigating using maps
- Mountain biking code of conduct
- The Highway Code for Cyclists
- Health and Safety, Hazards, Route Design & Planning
- Emergency Procedures and Outdoor First Aid
- Bike Repairs, maintenance and Servicing
- How to fix a puncture and a Slipped Bike Chain
- Cycling Racks, Panniers and Packing
- Packing Panniers / Cycling Day
- Route Planning



Summer (Outside Tracks and Cycle Trails)



- Bike Safety and Helmet and Pre-Ride Checks.
- Roadside Repairs
- Cycle Trails and Routes
- Expedition Kit and Equipment
- Cycling & Navigation Practice



Cycling Expedition Challenge



Common Questions

Who are the Workers?

The sessions are run in partnership with Wyke Sports Village for the venue and Capital Cycles who offer technical help and advice.

How the sessions will be lead and run by Qualified youth workers who are also qualified Cycling leaders and instructors who also hold expedition skills and experience often through the D of E Award Scheme.

Do I need a consent forms and stuff?

You will be asked to fill in a medical form and provide emergency contact details and finally sign a track conduct agreement sheet. Off Site Yes

What happens with the session in the dark winter nights

The session takes place indoor in the main building focusing on the hazards, navigational and bike maintenance. The time is also used to check and service the bikes, helmets and other equipment. Part of the session will use the road junction's track looking and planning safe use of roads and cycling proficiency. Will also look at Emergences, First Aid, and Water safety.

Will the session still take place in the cold rain wet weather.

Yes, but will ask people to use the outer track and ride at slower speeds to allow for the tracks to be wet and slippery. Can also riding and equipment maintenance and repair.

Can I bring my own Bike?

Yes, However it has to be road worthy with seat, correct tyers and working brakes. We do have the facilities to carry out basic fixes and repairs.

Helmets?

Riders MUST wear a helmet whilst on a bike either on the tracks or out on the public road, trails. This is not negotiable as what you do on your own is different to when you part of a group or session. No Helmet = No Ride

Can we use E-scooters

Yes, but you are asked to stay and remain on the inner track. How Ever you will be required to follow the same rules as cyclists around protections



Contact Details

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