



## ESSEX ROADS CYCLING CLUB

### U16's Go-Ride Coaching Sessions

When? – Fortnightly on Saturday mornings from 10am – 12 noon

Where? – Hadleigh Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

How much? - £2 per child

**Go-Ride is British Cycling's development programme for young people. The programme provides a fun and safe way to introduce young riders to the world of cycle sport and provides a platform to improve bike handling skills.**

#### **What should I wear?**

It is mandatory to wear an approved cycling helmet. We also recommend the following:

- **Legs:** Cycling or sports shorts are best but track suits/jogging bottoms would be fine, they must be close fitting so they do not catch the wheels or chain.
- **Upper Body:** A lightweight long or short sleeved top with a t-shirt underneath is suitable.
- **Hands:** We recommend that you wear track mitts.
- **Shoes:** You can wear normal trainers (tuck in any laces).

#### **Will I need to bring my bike?**

Yes bring your own bike along. At the beginning of the session we carry out a bike, clothing and helmet check so we can ensure all of your equipment is in good and safe working order. We will make any adjustment as necessary to ensure riders have the optimum riding position and correct fitting clothing.

We recommend that you bring a full water bottle and some snacks (cereal bar, banana) as there will be breaks during the sessions.

**On site facilities** – There is adequate parking next to the Hub Cafe and toilet facilities are provided. Please note there is a parking charge up to a maximum of £6 for all day.

**Parents will need to sign a Parental/Guardian Consent Form on the day to enable your child to participate.** There is no need to book, however it would be beneficial if you could let us know you would like to attend so that we can establish the number of riders for each session. Please email Dave Brown, [coach@essexroads.com](mailto:coach@essexroads.com) to confirm.

All coaches hold an up to date DBS certificate and are first aid trained. There will be several coaches available during the morning holding a range of sessions on bike handling, pedalling, gearing, cornering, riding in a group, leading and following in a group, limbo and many more fun and progressive activities.

We hope to see you soon.

Kind Regards

The Essex Roads CC Coaching Team.