

# Ride Manager Award course

## About the course

The Ride Manager Award enables you to lead, guide and run great bike sessions and rides for a wide variety of participants. It takes the knowledge and skills you gained from the Introduction to Supporting Rides course and extends it to be an independent Manager and Leader of rides on quiet roads and traffic free paths.

As a Ride Manager you can enable others to learn the benefits of cycling, including creating social environments, exercise, mental application and confidence building.



## Who can apply?

You should be:

- confident in riding a bicycle
- have the ability to communicate with and relate to others
- interested in providing cycle rides

You should also have completed (or be attending beforehand) a CTC Introduction to Supporting Rides course

## Course content

During the course, you will:

- learn how to prepare for a ride
- enable Ride Supporters delivering skills learning
- embed group management techniques
- practice how to deal with an emergency

## Course Details

<b>Duration</b>	One day
<b>Terrain</b>	Low traffic roads and traffic free environments.
<b>Fitness level</b>	Low to moderate. The ride used will be about 3 miles long.
<b>Skill level</b>	You will need to be confident to ride a bicycle on low traffic level roads
<b>Group size</b>	4 to 6 per trainer
<b>Assessment</b>	This course includes integrated and low impact assessment.
<b>Bicycle</b>	A safe and well-maintained bicycle is required.
<b>Course Tutor</b>	A qualified CTC Trainer will deliver the course.

## About CTC

CTC- the UK's national cyclists' organisation provides a comprehensive range of services, advice, events, and protection for its members.

CTC Charitable Trust, CTC's charity arm, works to promote cycling by raising public and political awareness of its health, social and environmental benefits, and by working with all communities to help realise those benefits.

## Contact Information

If you have any further questions about this course please contact:  
tel 0844 736 8463 fax 0844 736 8455

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