

# Training in Supporting Rides course

## About the course

This course introduces you to the benefits of cycling, teaching you the basics of safe riding and supporting led rides. It encourages you to support led rides on quiet and traffic free paths.

Cycling in a group is fun and it's good exercise. So why not come and learn some new skills and get cycling!

## Who can apply?

Anyone who is interested in this course should be:

- able to ride a bicycle
- interested in assisting cycle rides

## Course content

During the course, you will:

- learn about parts of a bike
- discuss the health benefits of cycling
- practice assisting participants riding skills and confidence
- learn how to assist the ride manager to lead rides effectively
- practice riding in a group



## Course Details

<b>Duration</b>	One day
<b>Terrain</b>	Traffic free routes, where possible.
<b>Fitness level</b>	Any
<b>Skill level</b>	You will need to be able to ride a bicycle.
<b>Group size</b>	4 to 6 per trainer
<b>Assessment</b>	This course is not assessed.
<b>Bicycle</b>	A safe and well-maintained bicycle is required.
<b>Course Tutor</b>	A qualified CTC Trainer will deliver the course.

## The next step

Suggested continuation course, Ride Manager – learn how to lead a ride.

## 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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