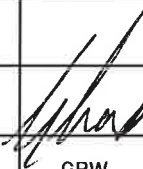
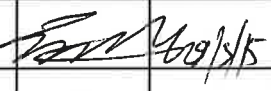






Grampian Tigers  
 Club Description and Goals  
 An introduction to the club



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## 1.0 INTRODUCTION

### 1.1. Purpose of this document

This document is intended to outline what Grampian Tigers (the Club) aims to achieve and how we carry it out. It also outlines the club structure and what the Club expects, as a minimum, of the parents and children and what the children and parents can expect from the club.

### 1.2. Club background and details

Grampian Tigers is a Children's Cycling Club set up in 2007 (confirm) to introduce children to cycling in its various forms. It had been identified that there was no grass roots club to encourage children into cycling and the club was set up to address this shortfall. The club is open to children of any age and the only real limits are that they can ride their bike without the use of stabilisers but we are specifically targeting the 7 to 14 year olds. The club aims to give the children an introduction in the various cycling skills across all disciplines. The club does not teach children to ride a bike and it is not teaching cycling proficiency.

The club currently does not own any bikes so the children will need to take their own bike which should be in road worthy condition and should always wear as a minimum a helmet and preferably gloves. If the children are wearing long trousers these should preferably be relatively tight to prevent them getting caught up in the chainrings or they should be tucked into the socks or use cycle clips. We do coach in a variety of locations with various surfaces and the bike and its tyres should be capable of coping with this variety. It is therefore recommended that the child's bike be a mountain bike (or similar) style with off road capable tyres but if the child has access to various bikes, the style most appropriate to the coaching session being attended should be used. However, it should be noted that the club does not advocate buying different bikes for different disciplines. A mountain bike will be more than adequate for all the coaching sessions presented as it is the techniques and practices which are being taught. As and when any of the children decide they want to specialise then only at that stage should a different discipline specific bike be considered.

The club is a non-profit making organisation and the coaches are volunteers and give their time free of charge to the club. The moneys charged by the club i.e. the joining fees and weekly charge are used for club subscriptions, operating costs, the training of new coaches, further training of the existing coaches, first aid training and equipment and club coaching equipment and aids.

The club is currently an Aberdeen and Stonehaven based club using various venues to the west of Aberdeen in and around the Kingswells/Hazlehead/Countesswells area and local to Stonehaven. However, it is planned in the future to expand this to have clubs operated in other areas as demand increases. This would then enable the club to organise inter club races in order to keep interest up and to introduce the children to racing in a very low key environment. Training and mini race sessions are also part of the curriculum, joining with other children's cycling clubs in the area.

For more information refer to the Club Website – [www.grampiantigers.org](http://www.grampiantigers.org)

### 1.3. Safety

Safety is paramount within the Club but Cycling by its nature can be hazardous hence the Clubs strict helmet policy and bike and clothing checks. The Club carries out risk assessments for each venue to ensure outside factors which could affect the Children's safety are identified and the appropriate safety measures put in place. Typical risk assessments are contained in Appendix F. The Coaches are all First Aid Trained and First Aid kits are carried at the sessions. All Club Officials are registered with Disclosure Scotland and copies of the certificates are available on request.

The Club requires that an information sheet for each child is completed by their parents. This sheet will record all pertinent personal details and any pre-existing injuries or conditions. This is to ensure the appropriate precautions can be put in place to protect the Child and allow the Coaches to prepare appropriately for these. If a child requires prescription or emergency medication i.e. asthma inhalers, Epi-pens for allergies, etc. this should always be taken to any Tiger session and the coaches made aware and the appropriate precautions put in place.

The bike and clothing checks are to ensure that the bike is fit for use for the proposed session and that that child is appropriately dressed and that their helmet will be effective in the event of an accident. These checks will cover all the major components of the bike and also check for example that the child has no loose clothing or laces that could get caught up in the drive train. Parents should ensure that their child is suitably dressed and that the child's bike is well maintained. Should any safety issues come to light during the bike check the Coaches will endeavour to ensure the children can participate in the session by attempting a repair. However, if a repair cannot be easily

affected and the bike is not safe the child may be excluded from the session and it is recommended that the parents stay until after the bike check for this reason. It is the Parent's responsibility to ensure the bike is repaired prior to the next coaching session.

It may be possible for the child to share a bike but this does depend on whether the session lends itself to this and there being another child who has the correct size bike and is willing to share. Bike sharing will only be considered in exceptional circumstances – Each rider should have their own bike.

Should any child have an accident however minor the parent will be notified and if the child has any injuries or there are any obvious defects to the bike as a result of the accident these will be pointed out. The club takes no responsibility for any damage to the children's bikes for any reason.

It should be noted that as most of the training sessions are held in locations away from toilet facilities that the parents should ensure their child is aware of this before they leave home.

The club has an Equality Policy, a copy of which is available on request, and the Committee includes a Welfare Officer. Should any Parent or child have any issues or concerns they should in the first instance approach the Welfare Officer. This approach will be treated in the strictest confidence until a resolution is reached. The Welfare Officers contact details are: - [welfare.grampiantigers@outlook.com](mailto:welfare.grampiantigers@outlook.com)

### **Adverse Weather**

Should the Coaches have any concerns regarding the weather for any session i.e. excessively high winds, rain, etc. a text and e-mail will be sent out at least one hour before the normal session start time. For the weekend runs arrangements for weather will be included in the notification for these runs and will depend on start time and venue.



## 2.0 The coaching

### 2.1. Introduction

The intention of the club is to coach the children using British Cycling's Go-Ride format in the various disciplines of cycling with a view to them progressing their skills and enjoyment of the sport and in the future take this on to join one of the adult clubs and, if it is something they want to pursue, start racing. The club is not intended to be a racing club but we will run fun races throughout the coaching year in order to introduce the children to racing and encourage them to take part in local races. Further details of rider progression at a higher level are included in Section 2.6.

### 2.2 Timing and format of the coaching sessions

Currently our club coaching for the Aberdeen group is Monday evening based and therefore runs from after the Easter holidays until the October holidays with a break for the summer holidays. The Stonehaven group meets on a Saturday morning. Out with the normal coaching sessions we do run occasional weekend runs but these are intended as led rides and the Club expects the children to be accompanied by a parent for these.

#### Club timings: -

Aberdeen -	Meet and sign on	18.00 to 18.15
	Bike, helmet and clothing checks and warm up	18.15 to 18.30
	Main coaching session	18.30 to 19.30
	Fitness session (light permitting)	19.30 to 20.00
Stonehaven -	Meet and sign on	11.00 to 11.15
	Bike, helmet and clothing checks and warm up	11.15 to 11.30
	Main coaching session	11.30 to 12.30
	Fitness session (light permitting)	12.30 to 13.00

Weekend runs Location will be announced during the week Timings to suit location and weather

At the session starts the parent should sign the child in and leave a contact telephone number in case they need to be contacted for any reason. The child can then be left but if a parents wishes to stay and help the coaches with the session then they are welcome to do so - all help is gratefully received!

A bike safety and clothing check and a warm-up session are then carried out, typically taking around 15 minutes, then on to the main coaching session.

The main coaching session then commences and will typically last around 45 minutes to an hour. A fitness session will then be carried out for the bigger children depending on available light and weather which will last around 30 minutes and is intended as preparation for racing. This is voluntary but we would recommend that as many as possible attend as fitness plays a large part in cycling and the children will enjoy cycling more if they are bike fit. For the main coaching session the children will be split into a number of groups depending on the number, age, size and ability of the children, the content of the session and the number of coaches available on the evening. Parents should be back to collect their children just before the session ends and should sign out their child before departing.

#### Important Note: -

The coaches will not leave any child unattended at the end of any session, if the parents are unavoidably delayed. However, parents should remember that the coaches are volunteers and should not make a habit of being late.



### 2.3 Coaches and other club officials

The club has an elected committee, details of which can be obtained from the Club Secretary. All the Club coaches are British Cycling Level II qualified reporting to the Club Head Coach whose contact details can be obtained from the Club Secretary. Copies of the Coach's certificates are available on request. The coaches are assisted by various other volunteers on the evening. If any of the children or parents have any issues they should approach the Club Welfare Officer who is normally at the coaching sessions but if not contact can be made via the club e-mail. Parents are encouraged to be involved on the committee or with the coaching and any help is welcome as the club can only develop with this help.

### 2.4 Objectives

The objectives of the coaching sessions are to coach the children in a specific skill pertinent to the individual discipline. The coaching sessions will be based round the British Cycling Go-Ride Session Plans with each session focusing on a specific skill with the series of sessions being linked and progressive. The final session in a group will normally be a fun race session designed to put into practise everything coached till then. The Parents are encouraged to attend the race nights to lend support for the Coaches, to encourage the children and to see the skills being learnt put into practice.

### 2.5 Coaching session groups and session plans

The Coaching year is broken into various blocks of sessions each block covering a different discipline. Typically each block will cover a topic such as Road bike, Mountain Bike (MTB), Cyclocross (CX), track and Grass track. The intention of each block with outline dates, etc. will be outlined to the children and parents at the start of the block.

### 2.6 Progression

Although the Club is focused on improving the children's skills the intention is that the children will gradually improve these skills over a number of years progressing from the lower groups to the more advanced groups as appropriate. However, racing is a large part of cycling at all levels and the children will be introduced to this through the club and are encouraged to participate where possible. However, it noted that racing is not for everyone and is not compulsory within the club. The Coaches will monitor the children and where appropriate will look to nominate any child with the correct skills and attitude for further training through Scottish Cycling typically at a Regional School of Racing (RSR) or similar. This would be discussed with the Parents before any contact is made with the local Scottish Cycling Representative and this contact would only be made with the Parents' consent. The format of the Coaching would then be detailed by the Scottish Cycling Representative so the Parent can make an informed decision on whether this is something they or their Child would interested in.