



Cycle Sisters Ride Leader Role Description

Watch this video to see our Ride Leaders in action:
<https://www.youtube.com/watch?v=4OJDT7D3w2I>

Purpose of the role	Cycle Sisters' Ride Leaders are the heart and soul of our Muslim women's cycle groups. Ride Leaders do so much more than just indicate the route on a ride - they are cycling role models who inspire and support Muslim women to ride a bike. Ride Leaders create a safe environment to help make cycling more accessible, enabling sisters to try cycling and have fun! Being a Ride Leader with Cycle Sisters is a great way to develop your cycling skills, make new friends and be part of a growing network of Cycle Sisters volunteer Ride Leaders around London who help achieve life-changing outcomes for hundreds of Muslim women.
Main responsibilities	• Create a welcoming and accessible space for Muslim women from all backgrounds to enjoy riding a bike • Manage a group of cyclists on our rides, ensuring that the rides are safe and enjoyable (training is provided on how to do this) • Help riders to do basic safety checks on bikes and deal with basic mechanical issues on rides (training provided) • Support riders with tips, motivation and encouragement and signpost where appropriate to other opportunities • Give time outside of rides to learn set routes (so you use these routes for the group rides)
Skills	To become a Cycle Sisters Ride Leader, you definitely don't need to be a cycling expert! Here are some of the qualities and skills that we look for in our Ride Leaders: • Confident and competent cyclist, able to cycle independently on the roads up to 10 miles (cycling skills can be developed by taking part in free Bikeability training offered by local councils) • A passion for cycling and desire to share this with others • Good communication and teamwork skills • Friendly and warm manner

	• An understanding of barriers to cycling faced by Muslim women and an ability to support Muslim women to overcome these barriers
Commitment	Availability to commit to volunteering on 2 rides a month for a minimum of 1 year. Rides are generally around 5-10 miles long and take around 3 hours (including a social cafe stop in the middle). You are generally expected to arrive about 15 mins before the advertised start time of a ride and stay a little bit after the ride to put the bikes away. We will also need you to commit to the training elements for becoming a Ride Leader. The main component of this is the one day British Cycling Ride Leadership Level 1 training. We will also support you to get a first aid qualification and offer you a bike maintenance course.

What you can expect from us: • Full training in the role of a Ride Leader • Mentoring support and feedback from a more experienced Cycle Sisters Ride Leader on one or more rides • Ongoing support and training from the Cycle Sisters team including quarterly skills sessions • Opportunities to meet up with other Ride Leaders who are part of the Cycle Sisters network	What we expect from you: • To be a committed and reliable volunteer • Work within Cycle Sisters policies to ensure the safety of riders and reputation of the organisation • Attend the required training elements
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For more information about Cycle Sisters visit: www.cyclesisters.org.uk