

## Guidance for members

## Introduction

Ben Wyvis Cycle Club was formed in November 2011 and evolved from the highly successful Square Wheels shop mountain bike race team. We are proud of our MTB XC race heritage but have now developed a club to encompass all forms of cycling at every level and every age group from fun recreational riding to racing at local, national and international level both on *and* off road.

## Club Objectives – from our club constitution, 2011.

* To promote the sport of cycling with a particular emphasis on mountain bike riding and racing but also supporting road, track and cyclocross riding and racing.
* To promote the development of skills and fitness through coaching and training.
* To provide a basis to enjoy cycling in a responsible manner in accordance with the Scottish Outdoor Access Code and also to strive to facilitate relations with other land users and owners.
* To endeavour to provide education and improved trail facilities for the benefit of cyclists and non-cyclists.

## Nature of club cycling activities.

We ride bikes and cycling carries with it an inevitable element of risk! Mountain biking is a physical activity utilising many natural and man-made rock, root and dirt features. It’s often muddy, slippery and unpredictable. Riding on the road involves interaction with other, sometimes intolerant road users as well as variable road surfaces, bends and gradients. All have potential to cause injury or serious harm. Where possible as a club we will try to keep this risk to a minimum by ensuring our coaches and trail cycle leaders are fully qualified and proficient in first aid and knowledgeable with the local routes and terrain. However, it is ultimately the responsibility of the individual to ride safely and within the limits of their own abilities with equipment and clothing that’s fit for purpose when participating in club cycling activities.

## British Cycling Go-Ride accreditation. [www.britishcycling.org.uk/go-ride](http://www.britishcycling.org.uk/go-ride)

BWCC is working towards go-ride Clubmark status. British cycling’s “go-ride” integrates club development, coaching activities and youth participation into one single programme.

This means that once go-ride status is achieved, the club will have the correct structure in place in terms of policies and procedures, a trained appointed welfare officer(s) and a fully operational child protection procedure overseen by Scottish Cycling, locally. Coaching activities will be taken by British cycling level 2 qualified coaches with first aid training and full disclosure. Group cycling will be taken by qualified Trail Cycle Leaders. The on-going development of the club will be assisted locally by Scottish Cycling’s regional development officer and nationally under the go-ride programme.

## Current Winter Programme

* Weekly Cycling specific, 16 week “Core fitness” training at Dingwall leisure centre.
* Weekly Wednesday evening mountain bike night ride.
* Weekly group Turbo Training session.
* Saturday road riding (conditions & enthusiasm dependant!)
* Sunday mountain bike training/coaching
* Supported Cyclocross racing at Scottish Cyclocross series races and the Strathpuffer!

## Proposed Summer programme

* Weekly Wednesday evening mountain bike training/coaching.
* Regular group social mountain bike rides and proposed regular women’s group ride.
* Saturday road riding.
* Sunday mountain bike training/coaching
* Time Trial training.
* Weekend “epic” mountain bike & road bike rides.
* Supported racing at local & national races.
* Hosting a round of the Scottish Cross Country race series (SXC) incorporating the North of Scotland XC championships, a timed MTB “Enduro” and a Hill Climb time trial.

## Club Benefits

As well as fully qualified coaching and training, the club offers the following:

* Discounted entry to HandsOn Events road Sportives
* Discount on bikes and equipment at Dryburgh Cycles
* Very substantial individual discounts on bikes and equipment available through Dryburgh Cycles for those racing for BWCC.
* Use of club EZ-up marquee, toolbox & spares pool plus mechanical, nutritional and coaching support at cycle race events.
* Subsidised, top quality Endura club kit.
* Shared travel and accommodation costs at cycle events.
* Improved knowledge of local routes and trails plus trail building opportunities.
* Introductory sessions for youngsters in conjunction with Dingwall Academy.

## Club committee & contacts

* Chairman: Alasdair Lawton. alasdair@handsonevents.co.uk
* Secretary: Gordon Bathgate. gordonbathgate@doctors.org.uk
* Treasurer: Steven Liddle: stevenliddle@btinternet.com
* Membership Secretary: Stewart Whyte. stwrtwhit@btopenworld.com
* Welfare Officers: Linda Lawton. linda@handsonevents.co.uk
* Team Captain & assistant welfare officer: Fiona Paton. F.paton@btinternet.com
* Head Coach: Andy Russell. an.russell@btinternet.com
* Publicity & promotion: Steve Evans. Stephen.Evans@dnv.com
* Junior Rep: Callum Russell.