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British Cycling – Cycling Award for Young Volunteers

Are you a young person with the drive to volunteer?

Fancy building communication and leadership skills within a sporting environment?

Do you want to be part of Great Britain's most successful Olympic sport of recent years?

If so then the Cycling Award for Young Volunteers (CAYV) is for you!

British Cycling – is the internationally recognised governing body for cycling in the UK. The organisation covers all of the six cycling disciplines which are BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track and is responsible for the involvement and development of young people all the way through to managing the elite aspects of the sport.

CAYV – provides young people with a broad range of skills, across a wide variety of activities and an exciting and varied choice of roles to experience within the sport. A young person can volunteer in any of the following volunteer options:

- **Running a club** – this may include event management, race co-ordination, club development and could lead to becoming a Youth Officer for the club
- **Officiating** – this can encompass marshalling at Go-Ride racing events and assisting at British Cycling open competitions
- **Coaching** – acting as an assistant to a British Cycling qualified coach at a local Go-Ride club

Workshop & Volunteering

Young volunteers will undertake a total of 6 workshop hours. The workshop gives a broad introduction to cycling and the three volunteering options outlined above. Following the workshop the requirement is to take a minimum of six 2 hour opportunities to volunteer, supported by a local club, covering the three volunteer options.

Stepping into the sport

Step on – the options delivered can help develop a student-centred curriculum model along with experience of volunteering with a local club.

Step in – 14-16 year olds can gain experience of competition for inter-school events or shadow a coach at school cycling sessions.

Step out – Links to community clubs are established for the placement of volunteers and the fundamentals of coaching could help with a qualification.

FREQUENTLY ASKED QUESTIONS

FAQ 1 - What age do young volunteers need to be and do they need experience?

The programme is open to those aged 14-18 and no prior involvement or knowledge of cycling is required.

FAQ 2 – What do the young volunteers get out of it?

Enhanced leadership and communication skills, those tangible for CV-building and further education or employment applications. A Volunteer Passport will be given to record volunteer hours - 12 hours for a bronze award, 24 for silver and 36 for a gold award. Free membership of British Cycling is available and perhaps even recognition at the annual British Cycling Awards celebrations for outstanding volunteers!

FAQ 3 – What's in it for the clubs?

Clubs can take advantage of enthusiastic and creative young volunteers. They can provide extra support in one of the three key volunteering areas as well as direct engagement with club membership, and representation of youth views at regional forums.

FURTHER INFORMATION

For further information about the Cycling Award for Young Volunteers please:

Call **0161 274 2070**

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