

# British Cycling Ride Leadership Award: The Breeze network



Sheet 1/2

## Course Details

Location: \_\_\_\_\_ Date: \_\_\_\_\_

## Personal Details

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Email: \_\_\_\_\_

British Cycling Membership No: \_\_\_\_\_ Type: \_\_\_\_\_ Expiry: \_\_\_\_\_  
(If applicable) (Ride or Race membership category)

Postal Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Telephone No.1: \_\_\_\_\_ Telephone No.2: \_\_\_\_\_  
Please provide at least one number, preferably a number you can be reached on during the day.

Do you hold a current certificate in first aid? Yes:  No:  If yes, when does it expire?: \_\_\_\_\_

What is your local council (i.e. Bradford City Council)? \_\_\_\_\_

## Disability

Do you consider yourself to have a disability? Yes:  No:  Prefer not to say:

If yes, please provide further details and any support required if relevant to attending the course. Use a separate sheet of paper if necessary.

\_\_\_\_\_

## Other information

Any other information you feel we should know (including any specific dietary requirements)?

\_\_\_\_\_

\_\_\_\_\_

Continues overleaf

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Sheet 2/2

## Background Information

The Breeze network is British Cycling's new national network of bike rides led by women – for women. When it comes to bike riding for fun, three times as many men take part regularly than women. And this gap is growing. We're supporting hundreds of women to become local Breeze network champions and help thousands of women to have fun on a bike. We hope you can help us change cycling for women. We will train and support you, and provide you with great Breeze network kit. You don't need to be an expert cyclist – just enthusiastic and comfortable on a bike and able to commit to supporting the network.

## Training Agreement

This agreement is between British Cycling (Stuart Street, Manchester M11 4DQ) and the British Cycling Breeze champion. British Cycling will provide the following free of charge:

### Training:

Ride Leader training on a British Cycling approved training course and required ongoing support and advice throughout the programme to enable delivery of the 'Breeze' network.

### Clothing & equipment:

Breeze champions will be provided with appropriate clothing and equipment by British Cycling to enable the effective delivery of the programme.

### First Aid:

If you do not hold a valid first aid certificate you will only be able to qualify as an assistant Ride Leader therefore we strongly recommend you consider undertaking a training course to allow you to lead rides on your own. British Cycling can assist you with this through providing you with a Health and Safety Executive approved Emergency First Aid training course at a subsidised cost of £25 (usual price £70). More information will be available at your Breeze Champion workshop.

### Criminal convictions:

Have you ever been convicted of a criminal offence which is not 'spent' under the Rehabilitation of Offenders Act 1974?

Yes:  No:

If yes, please give details on a separate sheet sealed in an envelope marked 'Private and Confidential'. Failure to do so may lead to disqualification.

Having a criminal record, in itself, does not necessarily prevent a person from being appointed as a local champion.

### Being part of the Breeze network

We want it to be easy for all women to get involved in bike rides. We have spoken to hundreds of women; we know that many more women of all ages would get on a bike if there was a local group of women to go with and some friendly support along the way. Breeze is friendly, fun, local and social. It's very informal – it will grow in different areas, in different ways. The network will be shaped by the women involved – that's what makes it unique.

We hope that local Breeze champions and participants will promote Breeze bike rides through their networks of friends and contacts. As a local champion we will help you with fantastic images, posters and a new website and social networking site. Special giveaways and competitions will help us all to spread the word.

Your information and feedback will be extremely helpful. Understanding how many women are joining in the rides, helps us to grow the network. We are investing lottery funding from Sport England in providing free national governing body training, kit and ongoing support to the volunteer network. In return we hope you will provide some straightforward information, promote the network and deliver around 14 rides a year in your local area. All the Breeze clothing and kit is yours to keep as a volunteer who is actively supporting the Breeze network.

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Signed: \_\_\_\_\_

If you already hold the British Cycling Ride Leadership Award, you do not need to attend the course. However, please contact us on how to become a Breeze Champion.

Please return this completed application form to:

The Breeze network, British Cycling, Stuart Street, Manchester M11 4DQ  
Tel 0161 274 2117 Email: breeze@britishcycling.org.uk



Please allow 14 days for your application to be processed