

CYCLING AWARD FOR YOUNG VOLUNTEERS

Developing the next generation
of volunteers.



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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 the opportunity to develop a broad range of skills across a varied range of roles and activities within cycling. A young person can volunteer in any of the following options:

Running a club: this may include event management, race co-ordination or club development and could lead to becoming a Young 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 and Volunteering

The first step of the CAYV programme is for the young volunteers to undertake an introductory workshop, which provides participants with a broad overview of cycling and of the three volunteering options outlined above. Following the workshop, volunteers are required to take up at least six opportunities to volunteer at a local Go-Ride club.

Frequently asked questions:

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.

What do the young volunteers get out of it?

Tangible leadership and communications skills, which are invaluable 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 gold. Free membership is available and perhaps even recognition at the annual British Cycling Awards celebrations for outstanding volunteers!

What is 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 bridge the generation gap with younger club members by representing their views at club meetings and regional forums.