

RIDE LEADER AWARD



Cycling Ireland (CI) Ride Leader Award

The CI Ride Leader Award provides participants with the necessary skills to lead group cycles and develop the essential competencies for managing groups on the road. Through this one-day course, participants will gain the confidence and certification needed to facilitate group rides safely and efficiently.

The role of a Ride Leader is to enhance and support the safety, wellbeing and performance of riders in a group setting on the road. To leading rides in an enjoyable but safe way and to educate club members or other cyclists on best practices while riding in a group setting. The course focuses on leadership development and communication, rider skill level evaluation, as well as enhancing core bike handling skills and safety awareness.

This course is suitable for those who wish to guide club outings or community cycling groups and provides the foundation for creating safe, enjoyable, and inclusive cycling experiences for people of all ages and abilities. The programme is designed to define the responsibilities of the Leader and create awareness and understanding of best practices including risk assessment and road safety, whether that is as part of a local club or as part of the Community Bike Rides (CBR) initiative.

Previous cycling experience is required for this course.



Entry Requirements

To attend the Ride Leader course, candidates must meet the following criteria:

- Bring a bike and helmet in safe, working order to the course
- Hold valid Cycling Ireland membership
- Be 18 years old or older
- Possess the fitness level to cycle a minimum of 20km, including routes with hilly sections
- Be comfortable cycling in a group setting, in close proximity to other riders
- Have experience cycling on busy roads, alongside traffic
- Be proficient in the following skills:
 - Riding in a straight line while looking over either shoulder
 - Taking one hand off the handlebars
 - Fixing a puncture
- Have an understanding of the rules of the road and road cycling laws

Course Format & Cost

- **Duration:** 1 day (includes assessment)
- **Outcome:** Certification to lead group rides
- €70

Take the next step in your cycling journey—join the Ride Leader programme today!

Cycling Ireland reserves the right to update or modify accreditation requirements in line with changes to its education programmes.