CALDERDALE SCHOOL GAMES

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CYCLING

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CYCLING – GO-RIDE SKILLS AND RACING

Quick rules

Challenge 1: Go-Ride and Run

- Go-Ride and Run involves two teams racing both on the bike and on foot against each other.
- Team-mates pair up to cover a set distance (one on a bike and one running), swap roles and race back to the starting point.
- Teams can race against each other or against the clock to determine first, second, third etc and secure appropriate points to take forward to the Go-Ride Circuit Relay.

Challenge 2: Go-Ride Skills and Racing

- Mark out a simple slalom along the length of the two straights of the circuit.
- With teams of four, each team has to decide which rider will perform one of four skills challenges as part of a relay.
- Teams can race against each other or against the clock to determine first, second, third etc and secure appropriate points to take forward to the Go-Ride Circuit Relay.

Challenge 3: Go-Ride Circuit Relay

- Go-Ride Circuit Relay involves two, three or four teams of riders racing each other on a marked circuit as a relay race starting at one side of the track.
- Each rider covers one lap and tags the next rider who in turn tags the rider in front, when the front rider is tagged, they go!
- The team that completes all their laps first takes the win.
- Starting positions of each team's first rider will be staggered depending on points gained from challenge cards 1 and 2.
- Go-Ride Circuit Relay can also be run as a standalone activity.

Health and safety

- Helmets must be worn at all times by both riders and runners who take part in the three challenges.
- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms.

Equipment required

- An outdoor space either on a school playing field, playground or car park or any traffic free space would be suitable.
- Any type of bike can be used as long as it is in good working order.

FOR YOUNG PEOPLE

Think tactics

- Riders should familiarise themselves with the bike and helmet checks for Challenge 1 (Go-Ride and Run card).
- Riders should practise all the elements of Challenge 2 (Go-Ride Skills and Racing card) and decide which element each rider will tackle to enable a good overall team result.
- Riders should pace themselves when taking part in the Go-Ride Circuit Relay as starting too fast could produce a slower performance over the completed lap or laps.

Spirit of the Games:
Excellence through Competition

Working together for a common goal is the essence of any form of team relay both against the clock and against the competing team.

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Quick introduction

Go-Ride Skills and Racing is a cycling competition designed to develop rider skills and competition knowledge that prepares them for a Go-Ride Circuit Relay race. Teams collect points within two Go-Ride Skills challenges which will place them on the start line, in order of their scores, for the Go-Ride Circuit Relay race.

Getting started

- Bikes will need to be in good working order with two brakes.
- Mark out a circuit with cones which can be used for the Go-Ride Skills challenges and the Go-Ride Circuit Relay.
- Measure a 20m line down the middle of the available space and mark each end with a cone.
- Peg one end of a tape measure at each end of the 20m line and use cones to mark out 5m radius semicircles at each end.
- Join the ends of the semicircles using cones. This forms the inside edge of the track.
- Use further cones to indicate start and finish lines at each end of the straights for the Go-Ride Skills challenges and one start/finish line half way along one of the straights for the Go-Ride Circuit Relay.

CYCLING – GO-RIDE SKILLS AND RACING

Hints and tips

- Riders should practise all elements of the challenges both in teams and on their own.
- Time spent completing bike checks will help riders understand how important safety is and has been included within one of the challenges to reinforce the message.
- The emphasis should be on working together as a team which will ensure a good team performance and underpin the Spirit of the Games Values.

Leadership and volunteering opportunities

- Roles available can include:
  - Line judges.
  - Start and finish judges.
  - Scorers.
  - Marshalls.
  - Reporters and photographers.

Officiating

- Ensure that all officials are familiar with the Getting started section of each challenge card.

Think inclusively (STEP)

Space
- The length of the circuit straights can be altered to make it harder or easier. If appropriate create a parallel course for SEN/disabled riders to perform specific challenges.

Task
- Courses can be shortened and the challenges can be practiced across different capabilities.
- Visually-impaired athletes can participate as runners with a guide, without swapping roles.
- Wheelchair users can perform activities in their wheelchairs without swapping roles.

Equipment
- Any bike can be used including tandems, handbikes, tricycles or quad bikes as long as they are in good working order. Helmets must be worn at all times.

People
- Team members can have different roles depending on their capabilities including non-rider roles and officials.
- Split the different challenges amongst SEN/disabled riders depending on ability.

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