



BREAK THE CYCLE

2018

Schools

Participation

Pack

So your school has decided to come on board for Cycle Against Suicide 2018, for that, thank you!

Now let us help you get ready for the challenge ahead.

In this pack you will find information on bike choice, clothing, cycle fitness, insurance requirements and nutrition for cycling.

First things first, “The Bike”

Here are some guidelines to ensure your bike is in perfect condition for the cycle:

- The bike must be a good fit for the rider and have a good range of gears as the route may have some hills along the way.
- Make sure you have a well-fitted and secure helmet. You will **NOT** be allowed to cycle without one.
- Make sure your tyres are pumped; soft tyres will get punctured easily.
- Racing bikes and hybrids are all fine for the cycle.
- BMX and “Fixies” (fixed cog bikes) are not permitted.
- “Bull-bars” are not permitted.
- The final say on the suitability of the bikes lies with the Cycling Against Suicide Safety Committee. Pre-event bike checks will be carried out.

It is up to you, the student, to liaise with your local bike shop or cycling club to ensure the roadworthy condition of your bike. Students whose bicycles do not meet these standards will not be allowed to cycle.

Student Cyclists must 16 years or older to participate – there will be no exceptions.

Next up we have “Clothing”

To be ready for any type of weather we would suggest the following items of clothing:

- Suitable cycling attire that allows your skin to breathe.
- A light rain jacket.
- Cycling shorts with a good quality chamois (the padded bit in the seat of the shorts). Your bum will thank you for it!
- Don’t worry if you are not comfortable wearing lycra, there are other options out there that are just as comfortable, mountain biking shorts or $\frac{3}{4}$ length over-trousers are good alternatives.
- Cycling gloves or any type of exercise gloves should be used as they stop chaffing of the thumb and palm when cycling for long periods.

Guidelines for cycling with groups on the road

Be aware of the rules of the road pertaining to cyclists. Know how to approach junctions and signal to other road users of your intentions.

Behaving predictably is the best way to guarantee group safety. When other road users can anticipate your next move, you go a long way towards ensuring everyone's safety.

Stay close to the cyclist in front of you. This is a valuable lesson, it's here where you get the most protection from headwind. We insist that all students cycle as a group. It is also essential for the safe passage of the entire group of cyclists through junctions etc.

Relaying verbal information. It's important that you let everyone behind know what's coming up. Those at the back won't be able to see, so they are relying on you to give them adequate warning and keep them safe.

Brakes. The biggest hazard in group riding is people stopping quickly and unexpectedly. Brake gradually, being aware of your surroundings and be conscious of those behind you. Your bike has no brake lights!

Respect. Show your respect for other cyclists and the drivers with whom we share the road.

Listen. Listen to the cycle marshals/teachers, the plans sometimes have to change along the way.

The Cycle Against Suicide Student Cycle Marshal team will lead and assist student cycle groups under the supervision of their teachers. The marshals will strictly enforce the rules above and will have full discretion to disqualify students from either commencing or completing the cycle. This is to ensure the safety of students, cyclists and other road users.

We understand that for some cyclists this will be a very personal journey and finishing the cycle is very important to them. In these circumstances, it may be possible, by prior arrangement to facilitate additional measures.

Cyclists are not to leave the moving peloton without the permission of a Cycle Marshal who then informs the Event Director.

For practical demonstration of the above, check out the following websites:

www.globalcyclingnetwork.com

www.rsa.ie (Cycling Safety)

Supervision

The teacher in charge is responsible for the supervision strategy, which must be endorsed by the school management as part of the excursion approval process.

1. A minimum of two staff members must be present for each activity. One staff member is to have responsibility for instruction in the activity and the other is to assist the instructor, particularly in the event of an emergency.
2. A ratio of 1:9 (Teacher/Approved Adult: Student) for a group is required. The school has the responsibility to ensure the availability and suitability of the Approved Adult.
3. In the event of more than one school participating from a town at least one appropriate adult will be required to travel on the sweeper bus during the leg/day. *An Approved Adult must register themselves with Cycle Against Suicide if they intend cycling.
4. The requisite number of leaders must be in place in pre-cycle planning.

Decisions are based on:

- Age, maturity and gender of students
- Ability and experience of students
- Needs of individuals
- Dynamics of the student group
- Experience, qualifications and skills of staff
- Location of the activity
- Anticipated conditions at the location

Designated Cycle Against Suicide marshals will cycle with the students on the day.

Informed consent

The school must receive consent from parents or guardians before their child may participate in any Cycle Against Suicide related activity.

Informed consent should be based on an understanding of:

- a. The educational purpose of the activity,
- b. The nature and details of the activity,
- c. The supervision strategy,
- d. Other information deemed relevant by the school, parents and guardians.

Informed consent must be given in writing and signed by parents or guardians. (Cycle Against Suicide will provide a standard consent form). It is the responsibility of the school to confirm all parental consent forms have been properly completed and maintained. These forms are to be made available to Cycle Against Suicide, if required.

Cycle Training Considerations

- Select the location, duration and degree of difficulty of the activity to match the age, fitness, skill level, maturity and experience of participants.
- Conduct a risk analysis and develop appropriate strategies to reduce the risk associated with identified hazards, e.g. road junctions, road works, traffic volume.
- Use an emergency response plan to cover all potential emergencies. These may include:
 - alternate routes or locations, or cancellation of the activity if weather or other conditions are unfavourable. Emergency planning should include emergency communication, including the mobile contact number on all relevant correspondence.
- Always carry enough tools and spare parts for the group to be able to fix common mechanical problems including punctures, broken chain, gear and brake issues. A repair kit should contain: pump, tubes, multi-tool and allen key set, chain breaker and pliers. Alternatively, have transport available to collect and transport cyclist and bike to safety.
- Group management on route should always have communications with both the front and the back of the group. The group leader should lead from the front and the assistant leader be at the back to ensure the group remains together at all times.
- Pre-checks on bike and equipment should be carried out prior to each cycle, any bike deemed unsafe should not be permitted on the cycle.
- Safety briefing should occur at the start of each cycle to ensure group management is maintained throughout the cycle. This should also include safety procedures for the group and a review of any skills obtained on previous cycles.

Please note that these are not a replacement for your school's policies but are simply recommendations to assist you in the facilitation of students wishing to take part in Cycle Against Suicide 2018.

For logistical and safety reasons schools groups may complete a maximum of a half day on the cycle. In very exceptional circumstances small groups of proven cyclists (12 maximum) may undertake more than half a day.

Timetable for schools on main cycling route

Groups are to be registered as early as possible. 18th April 2018 is the absolute last date for registration. NO registrations will be accepted after this date. Please email info@cycleagainstsucide.com for how to register your students.

Schools must confirm that the following documentation has been completed and this confirmation sent to Cycle Against Suicide with the school's registrations:

1. Completed parental consent form for every student.
2. Declaration from each student and each teacher that they have completed the required amount of training.
3. Declaration from each student and each teacher that they will bring correct bike, clothing, sustenance, rainwear and helmet and that all of these are in good condition and the student has used them during training and is familiar with them.
4. Contact details for lead cycling teacher who will liaise with Cycle Against Suicide's lead Student Cycle Marshal to ensure that adequate preparations are completed by each participant.
5. Confirmation of insurance in respect of each student and teacher participating, together with an indemnity in favour of Cycle Against Suicide from the school's insurer.
6. A general photographic release form from the school, allowing for the use of photographs in Cycle Against Suicide social media and media publications.

Note:

- School groups may **only** start at a location agreed in advance with the Cycle Against Suicide Route Manager to ensure they choose a safe location to join the cycle. An off-road area with sufficient space for the school group and collection vehicles is essential.
- **Cycle Against Suicide will not provide assistance for school groups before they join the main cycle. Adequate safety plans need to be in place for the safe passage of students to the agreed meeting point.**



BREAK THE CYCLE

Training Plan 2018

Beginners Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 min	Rest	30 min	Rest	Rest	Rest	40 min
Week 2	30 min	Rest	30 min	Rest	Rest	Rest	50 min
Week 3	30 min	Rest	30 min	Rest	Rest	Rest	50 min
Week 4	35 min	Rest	30 min	Rest	Rest	Rest	50 min
Week 5	35 min	Rest	30 min	Rest	Rest	Rest	50 min
Week 6	35 min	Rest	30 min	Rest	Rest	Rest	50 min
Week 7	35 min	Rest	30 min	Rest	30 min	Rest	50 min
Week 8	40 min	Rest	30 min	Rest	40 min	Rest	50 min
Week 9	40 min	Rest	30 min	Rest	40 min	Rest	50 min
Week 10	40 min	Rest	35 min	Rest	40 min	Rest	55 min
Week 11	40 min	Rest	35 min	Rest	40 min	Rest	60 min
Week 12	40 min	Rest	35 min	Rest	40 min	Rest	60 min

Intermediate Training Plan

Training Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20 min level 3-5	Rest	20 min level 5-7	rest	50 min level 5-7	Rest	1.5hr level 5
Week 2	20 min level 3-5	Rest	30 min level 4-6	rest	50 min level 5-7	Rest	1.75hr level 5
Week 3	30min level 4-6	Rest	30 min level 4-6	rest	60 min level 4-6	Rest	1.75hr level 5
Week 4	30 min level 4-6	Rest	30 min level 4-6	rest	60 min level 5-7	Rest	2hr level 5
Week 5	30 min level 4-6	Rest	30 min level 5-7	rest	60 min level 5-7	Rest	2.25hr level 5
Week 6	30 min level 4-6	Rest	30 min level 5-7	rest	60 min level 5-7	Rest	2.5hr level 5
At this point you will be covering approx 120km+ per week							

Advanced Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Rest	45 min level 6-8	30 min light <4	30 min level 4-6	70min level 5-7	Rest	2.5hr level 6
Week 8	Rest	45 min level 6-8	30 min light <4	40 min level 6-8	70 min level 5-7	Rest	2.75hr level 6
Week 9	Rest	45 min level 6-8	30 min mod <6	30 min level >7	70 min level 6-8	Rest	2.75 hr level 6
Week 10	Rest	60 min level <6	30 min level >7	rest	70 min level <6	Rest	3hr level 6-8
Week 11	Rest	60 min level >5	30 min level <5	rest	1.5hr level <7	Rest	3hr level 6-8
Week 12	Rest	60 min level >5	30 min level <5	rest	1.5hr level <7	Rest	3hr level 6-8
At this point you will easily cover the 80km of this year's longest section in the CAS 2017							

These are sample training plans that we would recommend students use.

For the sessions up to 50mins you can use indoor cycling sessions as an alternative to outdoor sessions.

Good Luck and we'll see you on Cycle Against Suicide 2018!