

Becoming a Cycle Instructor

Working as a qualified Cycle Instructor can be both enjoyable and rewarding. By helping to increase the number of people who are enthusiastic, confident cyclists, we can ease congestion on our roads, reduce carbon emissions and even tackle the growing problem of childhood obesity.

What Skills Will I need?

As a Cycle Instructor, you would be working with both adults and children of different abilities and from a wide variety of backgrounds. This means that you'll need a range of skills:

- A confident cyclist with a sound skills base and some experience of cycling in different situations.
- IT skills to manage training course registers and any on-line reporting.
- Excellent people skills – Instructors need to be patient, empathetic and enthusiastic.

Are There Any Age Restrictions?

There is no upper age limit to becoming a Cycle Instructor as long as you are physical fit and well.

The minimum age for Instructor training is 18 years old but if you are younger than this and interested in becoming a Cycle Instructor, local colleges may be able to offer you a vocational course such as an NVQ or Diploma in Sports Development or Leisure Management. This would be a good stepping-stone to becoming an Instructor as is involvement in local cycling groups as either a volunteer or a member.

What's It Like Working as a Cycle Instructor?

Most Cycle Instructors are self-employed and work on a freelance basis. This will give you a lot of freedom to choose your own hours, the types of training you deliver and who you work for. It does also mean that you are responsible for paying your own tax and National Insurance and ensuring that accreditations or qualifications remain up to date.

What are the Cost Involved?

Qualification or Requirement	Average or Expected Cost	Frequency of Renewal	Other Information
Instructor Training Course	£495 from Cycle Experience Ltd	One-off	Other courses are available but providers can charge up to £600
Post Course Assessment (PCA)	Nil	One-Off	Cycle Experience include the in the cost of training
Insurance – Professional Indemnity and Public Liability)	Expect to pay around £80 a year.	Annual renewal	The main providers are Cycle UK or British Cycling (for members)
First Aid Certificate	Expect to pay between £110 - £150	To be renewed every 3 years	There are number of different providers including St Johns and the Red Cross.

Safeguarding Training	£15 for Level 2 from Cycle Experience		Instructors can also choose to complete Advanced Safeguarding Training
DBS Check	£60 through the Cycle Experience FastTrack service.	To be renewed every 3 years (**See Below)	DBS checks can only be requested by a company or charity. You cannot have a DBS check carried out on yourself

**** Enhanced DBS Checks**

A valid Enhanced DBS check is an essential requirement for anyone working with children or vulnerable adults - this used to be called a CRB check. If you already have a current DBS check, you can use this whilst working for any other company.

Cycle Experience encourage Instructors to register with the official 'Update Service' and you have 19 days to do this from when the check was completed. Registration allows the companies you work for, and the schools you work in to check the validity of the DBS number at any time. Cycle Experience will also carry out an annual check to ensure that everything remains as it should.

Following the initial check and £60 fee, registration with the Update Service costs just £13 per year and removes the need for a new check every 3 years. This makes it a much cheaper and more flexible option for Instructors.

What Does the Instructor Training Involve?

Cycle Experience carries out some upfront checks to help ensure that Cycle Instructor training is the right choice for you – becoming an Instructor isn't for everyone and we help candidates understand what's involved *before* they undertake training and pay put any money.

Training to become a fully qualified Cycle Instructor takes place over 4 days, between 9.00am – 4.00pm. If you want to complete the training, you must ensure that you are available for the full 4 days and have a suitable bike to use.

Training is a mix of practical activities supported by theory modules.

Once you have completed the training and met all the required criteria, you will be able to begin delivering National Standards training as a provisional Instructor.

You must then apply for your **Post Course Assessment (PCA)** within 6 months to achieve Fully Qualified status.

Other Things to Consider

Workloads can vary depending on things like winter weather and school term dates. At Cycle Experience, we work with our Instructors to help manage quieter periods, but as a freelance Instructor, you are free to take on other work and training to suit your needs. Many of our Instructors also have part-time jobs or fit their work around caring responsibilities.

To work for Cycle Experience, Instructors must look smart and professional at all times and we provide a uniform pack that includes a fleece, polo shirts and an Instructor tabard. You would have to pay a £25 deposit, but it is refundable if you stop working for us.

Most providers expect Instructors to wear a uniform and the charges for this will vary.

For more information about this exciting new career, please contact us on