



Role Description

Role	Move More Ride Leader Volunteer
Business Area	Move More Jersey
Location	Community Based
Responsible to	Move More Community Engagement Officer
Level of Commitment	<p>We ask that Volunteers commit to supporting a minimum of <b>8 sessions per year</b>.</p> <p>We'll discuss your availability and time commitments at our initial informal interview but rest assured that any time you're able to give will be very much appreciated.</p>
Inspiring an Active Jersey Vision	Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.
Inspiring an Active Jersey Mission	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% points by 2030.</p>
Jersey Sport Background	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is.</p> <p><b>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</b></p> <p>The mission is;  <b>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</b></p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>

---

**Move More  
Cycling  
Background**

Cycling is the perfect way for islanders to enjoy being outdoors, help Jersey's environment and their health at the same time. Move More Cycle Rides are a good example of making cycling easy and enjoyable for all, no matter what your ability and we are very happy to help support the addition of more ride leaders.

Move More Women Only Rides formally known as HSBC Breeze Jersey was formed at the beginning of 2019 and offered free bike rides for women of all ability. It was started following the success of the HSBC Breeze Programme in the UK to increase the numbers of women cycling as it was found that three times more men than women cycled for fun.

Move More Womens Only Rides commenced with a dozen or so women meeting up at the Radisson Hotel on a Saturday morning, cycling to a coffee shop at St Aubin's and back. It has grown immensely and currently has 229 members. Rides have been developed at different levels on different days to ensure inclusivity for all our ladies. The rides range from a Beginners, Steady, Challenging, Challenging Plus and e-Bike.

Following the success of our Move More Women Only Rides our Move More Mixed Rides formally known as HSBC Guided Rides which was formed in September 2020, which gave all islanders the opportunity to ride together. We have both male and female leaders on this program, with the emphasis being the same as that of Move More Women Only Rides, different levels of rides, everyone is included, nobody gets left behind.

The motto of our groups is: "It doesn't matter if you're keeping fit, young at heart, wise beyond your years, or baffled by gears – everyone is welcome on a ride."

By volunteering you will help us to develop and grow our programmes to makes them accessible to more people. In doing so, you will discover new places to ride and meet many new people whilst also helping us to make our island a happier and healthier place to live!

---

**Ride Leaders  
Volunteer Role**

**The Ride Leader role includes:**

- Understanding and adhering to Risk Assessments and agreed Standard Operating Procedures
- Managing and leading the rides
- Planning and sharing routes on Komoot app
- Completing administrative roles on the Cyql App
- Meet, greet and onboard participants
- Lead safety checks of bikes and short briefing re the nature of the rides- prior to commencing a ride
- Facilitating the social aspect of meeting together to cycle

- Keeping the group safe and responding to first aid incidents if necessary
- Reporting as / if necessary any near misses, incidents and accidents in addition to any ride information as requested
- Suggesting new / alternative routes to be worked up and risk assessed

**The Assistant Leader role includes:**

- Supporting the leader in keeping the group safe and assisting the leader in managing the ride, especially at road junctions
- Welcoming cyclists and encouraging them in their efforts.
- Assist in safety checks – prior to commencing a ride
- Facilitating the social aspect of meeting together to cycle
- Reporting as / if necessary any near misses, incidents and accidents in addition to any ride information as requested
- Giving feedback to leader if applicable
- Suggesting new / alternative routes to be worked up and risk assessed

**Skills Required for the role**

- Confidence to follow a route and lead a group throughout the activity
- Excellent organisational skills and initiative
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Patience and an inclusive approach to engagement
- Reliability and punctuality
- Understanding of the Move More initiative

**Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):**

- British Cycling Ride Leader Level 1 Qualification (Training available)
- First Aid Certificate (Leaders only)
- Adult Safeguarding Course (and children’s course if involved in family rides)
- Move More Volunteer Induction
- An enhanced DBS check

**What’s in it for me?**

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience
- Support within your role
- The opportunity to take part in training (at no financial cost to you)
- The chance to make a difference to the lives of people; physical,

---

social and mental wellbeing

- The opportunity to meet new people and feel more connected to your community
  - Ongoing support, help and assistance
  - A lot of appreciation
  - The opportunity to meet new people and feel more connected to your community
  - Help making our vision of a healthier and more active island a reality!
-