

Appendix 4: Adult to Child Ratios

Minimum Adult to Child ratios

Although these guidelines provide minimum ratio's for adults coaching and supervising children, it is essential in cycling that a separate risk assessment is taken for each group of children and that this is reviewed for each training session and the ratio's adjusted accordingly. Participants under the age of 18, including those qualified as coaches, should always be supervised.

Adults coaching and supervising children should avoid being regularly alone when it is not required, therefore the minimum number of adults covering a session should be 2, even if the number of children when looking at the ratio's only requires 1 adult.

In line with the national guidance, the level of supervision should take account of the:

- age and ability of the children
- type of training session being undertaken
- children's growing independence
- environment that the session is taking place in
- risk assessment

If there is an accident or incident you should ensure there is always someone available to supervise the remaining children. Coaches working with children should ensure that they do not work in isolation.

Group Sizes and Supervision by Responsible Adults

For Level 1 and Level 2 coaches, when coaching riders who are under 18 years of age, or vulnerable adults, the minimum group size for coaching sessions is three riders.

For discipline-specific coaches and Level 3 coaches who can deliver coaching to an individual rider, a parent/carer or other responsible adult (nominated by the parent/carer) should be present to accompany the rider.

It is recommended that, when coaching riders who are under 18 years of age, or vulnerable adults, a minimum of two responsible adults (one person being the coach) are present at all times to ensure an adequate level of supervision. This means that, in an emergency, one adult can stay with the riders while the other goes for help or deals with the emergency, without having to consider supervision of the rest of the group. It can also prevent any allegations regarding one-to-one contact with young children.

Group Sizes

The group sizes provide a minimum and maximum group size to ensure a safe coaching session. Coaches should be aware that the maximum group size may not be appropriate for all coaching situations, depending on the riders' ability. This should be considered as part of the coaches risk assessment when session planning, to identify appropriate rider numbers to promote session safety. Coaches should only work with the number of riders with which they feel confident and competent.

The group size should be sufficient to enable meaningful coaching input to be given to all riders in the session. For example, younger children and beginners may require extra supervision. Generally, it is expected that beginner and less experienced riders will require a smaller group size, while a higher group size (up to the stated maximum) would be appropriate for more experienced riders.

Group sizes may not be exceeded; however, in some coaching environments, the maximum group size can be increased with additional coaching support. Where this is possible, details are outlined in the specific coaching remit sections. Where this is not possible, additional coaches may operate discrete coaching activities in a suitably separated (eg cordoned-off) area.

Additional Personnel

Consideration should be given to whether additional personnel are required to ensure safe running of the session. Anyone enlisted to help should be suitably qualified for the role and tasks they are required to undertake. Additional personnel may be required if:

- young riders will be out of sight for short
- rider numbers may exceed the Group Size or what is considered to be a safe number of riders to coach according to the risk assessment.

Level 1 Coach

Level 1 coaches must operate within the following group sizes:

- a minimum of three riders in a session
- a maximum of 15 riders in a session

The maximum group size within one coaching area must not exceed 15 riders, even if there is more than one Level 1 coach present.

Level 2 Coach

Level 2 coaches must operate within the following group sizes:

- a minimum of three riders in a session
- a maximum of 20 riders in a session

The maximum group size must not exceed 20 riders, even if there is more than one Level 2 coach present. Multiple groups, each with their own coach can share facility usage dependent on the risk assessment outcomes and coaching area size.

Pump and BMX tracks – group size should not exceed 10 riders. The size of the group planned for should be based on the technical and physical abilities of the riders and their prior experience.

Level 2 Coach – Discipline Specific

BMX: Level 2 Coach

The following group sizes apply to the BMX coaching environment, where one trained BMX coach is present:

- a minimum of one rider in a session
- a maximum of 16 riders in a session

General on-the-track activities to develop group riding skills can include rider numbers up to the maximum ratio but they must be appropriate for the riders' experience and skill level. For race-specific activities performed on the track, including race starts, no more than eight riders can ride in the same straight at any one time.

The maximum group size must not exceed the 16 riders. Where there is more than one qualified BMX coach present, a different section of the track can be used to coach an additional group in a separate activity.

Cycle Speedway: Level 2 Coach

The following group sizes apply to the cycle speedway coaching environment, where one trained cycle speedway coach is present:

- a minimum of one rider in a session
- a maximum of 20 riders in a session

Track width, track length and rider ability will influence the maximum number of riders that can be coached safely on the track at any one time. As a general rule, each rider should have approximately one metre's width of track when lined up side by side on the start grid. For example, if using a 7m-wide track, seven riders would be a safe limit per group.

It is generally expected that beginner and less experienced riders will require more room on the track and, therefore, a smaller group size is more appropriate.

Cyclo-Cross: Level 2 Coach

The following group sizes apply to the cyclo-cross coaching environment, where one trained cyclo-cross coach is present:

- a minimum of one rider in a session
- a maximum of 20 riders in a session

Where two or more cyclo-cross coaches are delivering a session:

- A maximum group size of 30 riders participating in an activity is permitted.

Mountain Bike: Level 2 and Level 3 Coaches

The following Group Sizes apply to the mountain bike coaching environment, where one trained mountain bike coach is present:

- a minimum of one rider in a session
- a maximum of eight riders in a session

The maximum group size for one coach (1:8) applies to all the coaching areas except for non-technical (i.e. Level 1 and Level 2) type coaching areas. Mountain bike core techniques can be developed effectively in non-technical coaching areas. For such sessions the group size can increase to one coach to 16 riders.

Note that the MTB group size is lower than for Level 2 coaches in the equivalent area due to the increased emphasis required on technique analysis and rider feedback in the MTB environment.

Road and Time Trial: Level 2 and Level 3 Coaches

The following group sizes apply to the road environment, where one trained road and time trial coach is present:

- a minimum of one rider in one activity
- a maximum of 20 riders in one activity

Where two or more road coaches are present:

- A maximum of 30 riders in one activity

Group sizes per activity should not exceed the above guidance, however, with the appropriate number of British Cycling-trained road coaches present more riders are able to participate in the event/session without exceeding the group size limits, so long as these are run as separate coaching activities and supported by the relevant number of coaches for that group size.

Factors to consider are:

- the size of the area/venue
- number of coaches available/present
- number of riders attending and their ability
- the planned activities
- outcomes of the risk assessment and venue operating procedures.

Track: Level 2 and Level 3 Coaches

The following group sizes apply to the track environment where one trained track coach is present:

- a minimum of one rider in a session
- a maximum of 16 unaccredited or novice riders
- a maximum of 20 velodrome accredited or experienced riders.

Where two or more track coaches are delivering a session:

- A maximum group size of 30 riders participating in an activity is permitted. This refers to riders actually riding the track at any one time and on the track/immediate trackside safety area

Level 3 Coaches

Level 3 coaches can coach riders on an individual basis (ie 1:1 basis). The upper limit is defined by the Level 3 discipline-specific environment within which the coach is operating. Please refer to the appropriate section above, for more details.