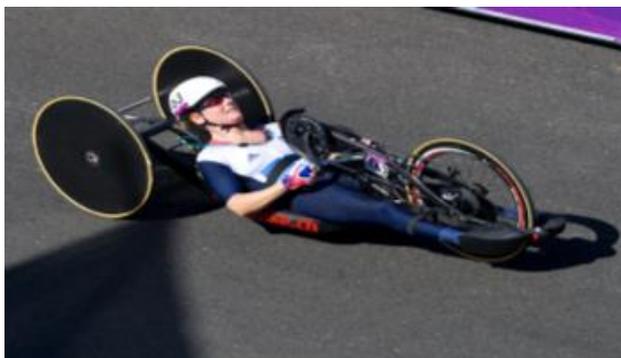


Cycling for Disabled People in Scotland

This fact sheet provides an overview of Cycling for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in Cycling.

The Development of Cycling

Cycling is a sport that offers many positive features. Healthy, sociable and fun, the sport is open to all ages, abilities and disabilities. At performance level speed, fitness and endurance are all characteristics needed for Cycling, a sport that has been included in the Paralympic Games programme since Seoul 1988. The sport of disability cycling is currently contested in over 70 countries at elite level.



In Scotland current provision is mainly through mainstream clubs, however, there are also a small but developing number of impairment specific clubs operating providing further opportunities for disabled people to get involved.

There is currently support for a number of Scottish Disability Sport branches to deliver local and/or regional activity and establish projects for those wishing to get started with cycling.

Scotland has a strong tradition in disability cycling with representation at the Paralympics in Athens 2004, Beijing 2008 and London 2012. In total five Scottish cyclists were included in the squad of 18 for London 2012.

Scotland have cyclists on the British Cycling World Class Programme along with one pilot. These athletes are supported through the Scottish Institute network. This support is coordinated in Scotland although often delivered whilst the cyclists are based in

Manchester.

Through partnership working with Glasgow Life, development sessions for riders with a disability have been established at the Chris Hoy Velodrome. Using this and the Glasgow 2014 Commonwealth Games as a catalyst, further development through Scottish Cycling will see more opportunities for riders with a disability increase across Scotland.

The Classifications

Disability Cycling includes pathways for a number of levels from grass roots through to international level. To compete in events athletes need to be classified appropriately to their disability. Athletes with physical impairments either compete on handcycles, tricycles or bicycles. Athletes with visual impairment compete on tandems with a sighted "pilot".

Handcycle Sport Class H1-H4

There are four different sport classes for handcycle racing. Lower numbers indicate a more severe activity limitation.

Track Sport Class T1-T2

Divided into two classes due to impairment affecting their balance and coordination.

Bicycle Sport Class C1-C5

For athletes who are able to use a standard bicycle. C1 is allocated to those with the most severe activity limitation.

Tandem Sport Class TB

Cyclists with visual impairment race on a tandem.

Coach Education

Disability cycling is fully embedded in the United Kingdom Coaching Certificate (UKCC) Level 2 and where appropriate UKCC Level 1.

Scottish Cycling's new development plan has included disability as a major consideration at participation, performance and throughout the pathway.

Level 1 Award in Coaching Cycling (L1ACC)

For those who are new to coaching and Cycling,

the Level 1 award is an introduction to the British Cycling Coach Education Programme. The award qualifies you to deliver and review pre-prepared coaching sessions to groups of adults or children enabling you run coaching sessions within your local club.

Level 2 Certificate in Coaching Cycling (L2CCC)

The Level 2 qualification is many people's starting point on the coaching pathway and is aimed at those who have some experience within coaching and/or cycling.

Level 2 Discipline-Specific Awards (L2DSA) – Coaching Riders with a Disability

These awards, one for each of the six British Cycling disciplines, are for qualified Level 2 coaches who are either new to a specific discipline or who want to develop their existing knowledge further.

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Helpful Resources



British Cycling Coaching Handbook: Coaching Riders with a Disability

A resource for coaches who are currently involved with, or who are keen to coach, riders with a disability. It provides extensive information on a variety of coaching issues, including the different disability categories and their inclusion within cycling, the delivery and planning of coaching sessions and various equipment adaptations that are available. It is an excellent reference tool for coaches, giving them the confidence and knowledge to effectively coach riders with a disability whilst contributing to their ongoing continued professional development.

Some Facts & Figures

- British cyclists led the medal charge in Beijing, winning 17 golds and three silvers to finish top of the Cycling medal table and confirming that Great Britain are a leading nation in the World both on the Road and the Track.
- Track Cycling - included on the Para-Sport programme for the first time at the Glasgow 2014 Commonwealth Games with a total of four events.
- Athletes with visual impairment compete on tandems with a sighted "pilot".

Competitions

There is an extensive Disability Cycling calendar of events across the UK. This can be found on the British Cycling website and covers events in Scotland.

Leading Performers

- Aileen McGlynn – MBE / OBE (Born - Paisley) Gold Medal Paralympics 2004 /2008
- Neil Fachie – MBE (Born – Aberdeen) Gold & Silver London 2012
- Karen Darke – (Born - Inverness) Silver London 2012 H2 Handcycle
- Aileen McGlynn, Neil Fachie and Karen Darke have all attended World Championships in the last four years with each returning home with medals and world records.



Key Contacts

Scottish Disability Sport

www.scottishdisabilitysport.com

Scottish Cycling

www.britishcycling.org.uk/scotland

Head Office

Scottish Cycling

Sir Chris Hoy Velodrome Emirates Arena

1000 London Road

Glasgow G40 3HY

Tel: 0141 554 6021

Email: info@scottishcycling.org.uk

Key Websites

British Cycling

www.britishcycling.org.uk

disability@britishcycling.org.uk

UK Handcycling

www.handcycling.org.uk

British Paralympic Association

www.paralympics.org.uk

IPC

www.paralympic.org

Parasport

www.parasport.org.uk