

# Cycle industry apprentice: key facts

## The basics

**Title:** Intermediate Level Apprenticeship in Activity Leadership

**Location:** Bristol and surrounding areas

**Start date:** On a rolling basis

**Duration:** 1 year

**Salary:** £3.70 per hour (£111/week)



The **Intermediate Level Apprenticeship in Activity Leadership** is designed for people who wish to gain the skills to effectively plan, deliver/lead and evaluate a series of activities (cycle related or otherwise). Successful completion will result in the following training/qualifications:

- 🚲 Qualified National Standard Cycle Instructor (NSIQ)
- 🚲 Level 2 NVQ certificate in Activity Leadership
- 🚲 Level 2 certificate in Principles and Preparation for Coaching Sport
- 🚲 Level 2 Award in Employment Awareness and Active Leisure and Learning
- 🚲 Safeguarding
- 🚲 First aid
- 🚲 Level 2 [Functional Skills](#) - if required
- 🚲 Depending on your skills and interests, there may be the option to undertake other training, e.g. ride leader training or cycle mechanics

## The role at a glance

1. Teaching young people cycle skills (Bikeability training)
2. Running after-school cycle activities for young people
3. Assisting with Life Cycle's other services and activities – as appropriate

## Possible career paths:

- 🚲 This is your ticket into the cycle industry (training, ride leading, mechanics, bike shops)
- 🚲 Sports coaching, skills training
- 🚲 Youth work
- 🚲 Leading outdoor leisure activities (mountain biking, etc.), and much more...

## About you

- 🚲 You are confident cyclist
- 🚲 You like children and have worked (or volunteered) with them before
- 🚲 You have good interpersonal skills
- 🚲 You like working outdoors
- 🚲 You are physically fit

**If you love cycling, bikes and being outdoors, then we're your people. If you're looking for a career in the cycle industry, this is the job for you!**

# Cycle industry apprentice: the details

## Why choose this apprenticeship?

[Life Cycle UK is a vibrant organisation](#) that offers a variety of services and activities around cycling and bikes. Giving people the skills to cycle confidently is at the core of what we do, but there's so much more for our apprentice to get their teeth into:

Depending on your skills and interests, we can support you to gain experience in other areas of our work – ensuring your time with us is rewarding, inspiring – and you leave with a strong foundation of relevant skills.

**Skills you will develop:** Professional cycle instruction, leadership, youth work, interpersonal/teamwork, administration, working for a non-profit organisation.

**Skills you could develop:** Cycle mechanics, working with vulnerable people, databases and office skills, working with volunteers.

**Future Prospects:** As a qualified National Standard Cycle Instructor (NSI) you can teach cycle skills anywhere in the UK. There is also the potential to gain a cycle mechanics qualification if you already possess a good base of skills, and a keen enthusiasm for this kind of work.

## Your duties

There are many barriers that prevent people from cycling. We need someone who is passionate, supportive and willing to go the extra mile to get people enthused in cycling, then help them learn the skills they need to confidently make journeys by bike. The role has scope for plenty of variety, however the two key elements are:

### 1. Cycle skills training for young people (Bikeability)

- 🚲 Deliver [Bikeability](#) courses for pupils from Reception to Year 6 (occasionally teaching years 7 – 9).
- 🚲 Teach cycle skills away from traffic and on-road (includes riding on-road with the young people).
- 🚲 Take responsibility for the safety and well-being of the young people in your care.
- 🚲 Carry out risk assessments and submit course results via our online system.
- 🚲 Carry out basic cycle mechanics e.g. fixing punctures.

### 2. After-school activities for children

- 🚲 Support youth workers to deliver fun, cycle-themed activities at local Adventure Playgrounds.
- 🚲 Encourage and support children of differing abilities to engage.
- 🚲 Create positive relationships and promote positive behaviour.
- 🚲 Assist with record keeping and evaluation.
- 🚲 Be familiar with risk assessments and comply with health and safety guidelines.

## The skills you'll bring

- ✓ **You are confident cyclist:**  
You must have urban cycle skills and knowledge of the highway code/road-riding. Or you must be willing to learn.
- ✓ **You like children and have worked (or volunteered) with them before:**  
Children are great fun, but they can be challenging. We'll support you to develop youth work skills.
- ✓ **You have good interpersonal skills:**  
You will need to be a good verbal communicator with adults as well as children.

## Are you a good fit?

You'll need certain qualities to get the most out of this apprenticeship. Whilst we don't work in a formal, office environment, we are still professionals that deliver the highest-quality services. That means we are punctual, reliable, trustworthy and calm – and we are always presentable and approachable. Additionally:

✓ **You'll like working outdoors:**

Here at Life Cycle we're not put off by a little rain! Barring extreme weather, you'll be outdoors most of the time.

✓ **You are physically fit**

You will be out and about on your bike a lot – you'll need to have good physical fitness and plenty of stamina.

## And finally...

✓ You must be aged over 18 years old

✓ You will need to successfully complete a DBS check.

✓ You will need to attend and successfully complete a **National Standard Instructor Training** course with Life Cycle UK.

## The finer details

**Training provider:** [Coachmakers](#), (a programme managed by 2nd Chance Group CIC)

**Working hours:** 30 hours per week. We can offer flexible working arrangements. Your hours could change from week to week depending on our training and ride schedule. This will also include a morning in college to gain your Activity Leadership qualification.

**Annual Leave:** 28 days including bank holidays, pro-rata.

## How to apply:

You will need to apply through the Government's website. Here is the link.

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-348524>

If you'd like to speak to someone at Life Cycle before applying, please get in touch on 0117 353 44580, or email [office@lifecycleuk.org.uk](mailto:office@lifecycleuk.org.uk) – we'd be happy to chat things through.

## More about Life Cycle UK

Life Cycle UK is a registered charity, set up to help people from all walks of life to unlock the benefits of cycling. We have grown a great deal since we started in 1999, so we also provide services for local authorities and the general public.

Our mission is to help more people take up cycling in order to lead healthier, more active lives – and reduce traffic congestion and pollution. We believe that with the right support, cycling can be simple, safe and fun - and almost anyone can learn to ride with confidence.

Life Cycle UK is one of the main providers of Bikeability and adult cycle training in Bristol. All cycle training is delivered to the National Standard, which is overseen by the Department of Transport. Life Cycle also runs a programme of supported rides, refurbishes bike sales and bicycle mechanics tuition.