

# General Overview

## **A family cycle ride in aid of local charities organised by Sonning Common Primary School PTA**

### **History**

The idea of organising a family cycle came about in 2006. The concept was to create an enjoyable ride which the whole family could achieve, exploring the local countryside and promoting the benefits of healthy activity and positive fitness. It quickly became a community event, as the local health centre, local businesses and the largest local newspaper group became involved in its promotion and organisation.

Do not be daunted. When we first staged On Your Bike we did so with 4 months planning and no resources. It is quite amazing how people are prepared to help and how much support local business will give if asked. This is especially the case with providing the basic requirements of the event. For us, the event has become something everyone is really proud of. It has been staged regardless of the weather (we have had sun, rain, thunderstorms before the ride). It is immense fun.

### **Fundamental Principles**

The ride is affordable and accessible to all and is not a race.

It is staged on a weekend day, ideally in Spring but could also be early summer or autumn.

100% of the entry fees charged goes to the charities.

Each year a charity is nominated to receive a percentage of the monies raised, the balance going to the school PTA (also a charity).

The event is funded entirely through donations, sponsorship and volunteer support.

The event is organised and staged by a sub-group of the PTA.

The route ideally starts and finishes at school and uses quiet roads avoiding busy routes and junctions. It is fully marked and marshalled on all key junctions. It is pre-checked by local police. Route options offer a simpler, shorter route for younger cyclists and a longer more challenging option for those more experienced. Ideally routes interconnect. If possible, a supervised playground cycle enables those on stabilisers to practise safely.

A half way point offers refreshments to riders.

All under 16s are under the supervision of an adult.

All bikes must be roadworthy so a bike clinic is held one month before the ride where bikes can be safety checked.

First aid, bike recovering and technical support to be in place.

Insurance and risk assessment are carried out. Note that PTAs who are members of the NCPTA are covered by the NCPTA insurance cover of £10,000,000 public liability for events organised by the PTA. Bike Week also provides a similar level of cover for those rides which register with them.