

# Volunteer as a Cycle Marshal

➤ To support with the delivery of a series of marshal led cycle rides for County Durham in partnership with PCP.

## ➤ Main Tasks:

- • To lead the group on the rides at a suitable pace.
- To be responsible for First Aid on rides (training will be provided).
- To be responsible for the basic maintenance of the bikes, to advise PCP of any serious repairs or maintenance needed.
- To be responsible for the completion of any Cycle UK and PCP paperwork as required.
- To assist in planning the routes for the rides and support risk management and assessments
- To ensure all safety precautions are taken for each ride, including the completion of ride forms.
- To adhere to both PCP's policies and procedures.

All reasonable out of pocket expenses will be paid including mileage allowance.



## Personal Qualities

- Be reliable and honest.
- Have a friendly and flexible attitude.
- Be well organised.
- Be approachable.
- Have good communication skills.
- Have an understanding of confidentiality.

## ➤ How to join us

Contact:

[gail.anderson@pcp.uk.net](mailto:gail.anderson@pcp.uk.net)