

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, with Track Cycling - included on the Para-Sport programme for the first time at the Glasgow 2014 Commonwealth Games with a total of four events.



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.

Supported by Spirit of 2012, The Get Out Get Active (GOGA) in Scotland provides cycling programmes in three branches - Fife, Forth Valley and Grampian which encourages inactive individuals and groups to engage and remain "active for life". It focuses on increasing the number of people who are active, through effective engagement and

signposting to local quality cycling options. GOGA aims to inspire children, young people and adults with physical, sensory or learning disabilities, plus significant others, to access and enjoy active recreation, including cycling. GOGA is inclusive in ethos and practice and involves the 3 named branches, key Disability Sport partners, Local Authorities, Sports and Leisure Trusts, the local voluntary sector, FABB and national and local partners concerned with cycling.

Through partnership working with Glasgow Life, development sessions for riders with a disability have been established at the Chris Hoy Velodrome. Further development through Scottish Cycling will see more opportunities for riders with a disability increase across Scotland.

Scotland has a strong tradition in disability cycling with representation at the Paralympics in Athens 2004, Beijing 2008, London 2012 and Rio 2016. In total, three Scottish cyclists and one pilot were included in the squad for Rio. Karen Darke won a gold medal in the H3 Time trial, Neil Fachie MBE, piloted by Craig Maclean gained a silver medal in the Tandem 1000m TT and Hannah Dines was 5th in both the T2 Time Trial and Road Race. In 2018, there are two cyclists and one pilot in Team Scotland. Aileen McGlynn, Neil Fachie and Louise Haston (pilot) will make their second Commonwealth Games appearance after all three represented Team Scotland at Glasgow 2014. Neil Fachie will be piloted by English rider, Mark Rotherham.

Scotland have cyclists and pilots on the British Cycling World Class Programme. 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.

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.



Some Facts & Figures

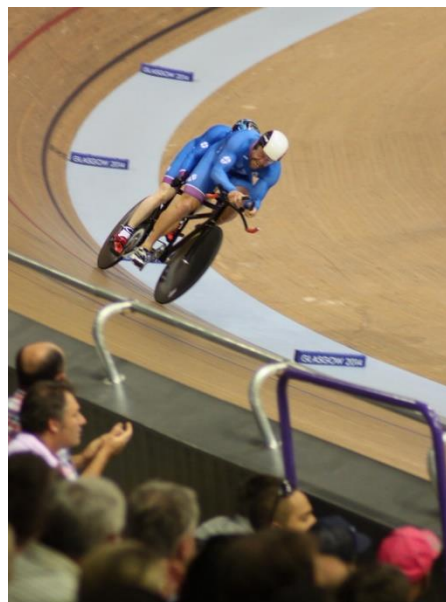
- British cyclists led the medal charge in Beijing, winning 17 golds and three silvers to finish top of the Cycling medal table and confirming that Great Britain are a leading nation in the World both on the Road and the Track.
- Athletes with visual impairment compete on tandems with a sighted “pilot”.

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 – OBE / OBE (Born - Paisley) Gold Medal Paralympics 2004 /2008
- Neil Fachie – MBE (Born – Aberdeen) Silver, Rio 2016 Tandem 1000m TT
- Karen Darke – MBE (Born - Inverness) Gold, Rio 2016 H2 Handcycle
Karen Darke MBE will be performing in the Para-Triathlon (PTWC H1) event at the Goldcoast 2018
- Aileen McGlynn, Neil Fachie and Karen Darke have all attended World Championships in the last four years with each retuning 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