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| Volunteer – Trail Therapy Mountain Bike Leader |

# Overview

As our super [Trail Therapy programme](https://dmbins.com/health/trail-therapy/) moves into its second year, we are really excited to be able to expand the programme thanks to both new and old funders!

We have had a really successful first year working in Dundee and Lanarkshire and are now so pleased to be able to announce an expansion thanks to two new funders, DVVA (Dundee Volunteer and Voluntary Action) and PKVAS (covering Perth and Kinross) who have given us funding through the Scottish Governments Communities Mental Health and Wellbeing Fund. NatureScot, Trek and our very own [Trail Therapy Fund](https://dmbins.com/donate/health-fund/) have also offered further support to this programme.

# How can you help?

We are now looking for 3 more volunteers to help us in Dundee and (up to) 6 volunteers able to support our delivery in Perth and Kinross.

To be an integral cog in this innovative and exciting programme please read through the job description below and the personal specification. If you think this is the opportunity for you and you are a keen and enthusiastic mountain biker with a passion to encourage others to experience the freedom of the great outdoors to improve their mental health and wellbeing we want to hear from you.

Simply fill in the application form or drop me an [e-mail](mailto:christine.fox@scottishcycling.org.uk) with a contact number and I will get back to you as soon as I can.

In return for your time, we will mentor and support you to further your own professional leadership development through funded training, appropriate to your current skill set and culminating with the opportunity to achieve a British Cycling Mountain Bike Leadership Qualification.

You do not need to be an expert mountain biker; confidence, experience, and an openness to develop your skills alongside excellent communication skills are more important than the ability to pull a wheelie down the road.

This role is subject to initial and continuing PVG clearance.

# The Role of the leader

The leader will utilise their skills, enthusiasm, expertise, and sense of fun to deliver safe and challenging activities for participants on the Trail Therapy project.

As an aspiring or already qualified MTB Leader you will help in the planning, delivery, and evaluation of the project, undergoing a programme of continuing professional development with full support and a personal development plan created by our Trail Therapy Mountain Bike Leader and Scottish Cycling approved tutors.

You will receive funded training based on needs of the project and your own personal development which could include one or more of the following:

* MBL Fundamentals
* MBL Level 2
* MBL Level 3
* Outdoor First Aid
* Cycle Mechanics
* Scottish Mental Health First Aid

Duties

* Support the programme organisers in the development and delivery of leadership sessions.
* Utilise British (Scottish) Cycling leadership resources to enhance the leadership programme.
* Operate to centre protocol including (but not limited to) risk assessments, standard operating procedures, and emergency action procedures.
* Induct new leaders in project protocol including (but not limited to) risk assessments, standard operating procedures and emergency action plans alongside bike/kit inspections and standards.
* Ensure that the British (Scottish) Cycling recommendations for leader to rider ratios are not exceeded.
* Enthusiastically show commitment to further development and outreach work, supported with professional development of tutors and leaders within the programme and associated with the programme.
* Ensure availability for evening and/or weekend leadership sessions including school holiday times.
* To monitor, evaluate and feedback on rider/leader and team performances.
* To contribute to leadership development within the project.
* To ensure that knowledge, skills, and qualifications are kept up to date including Child Protection and First Aid training.

Skills and Development Potentials

* Be a confident and experienced mountain bike rider.
* Demonstrate good knowledge and understanding of the activity.
* Have good organisational skills.
* Be confident, with natural and accessible communication skills.
* Be enthusiastic and a good motivator.
* Understand child protection and safeguarding policies.
* Have a willingness to develop your mountain biking personally and professionally.
* Have a willingness to develop your leadership skills to a professional standard.
* Have a willingness to develop your understanding about Mental Health Issues and have a commitment to positively challenge mental health stigma and discrimination.

Commitment

Scottish Cycling, with DMBinS and our local partners, are committed to providing you with training and a development plan alongside a funded development plan as outlined above.

The programme would like you to support the project as highlighted above alongside the planning and delivery of structured led rides. The project anticipates a commitment from you to support us *as agreed at interview* with activity during evening, school holiday and weekend work when available.

We envisage the volunteer continuing to work with one of our local partners – to take advantage of their support and organisational strengths. If you are not sure, at this stage, who you would volunteer with then that is fine – we are just looking for good quality people who want to share their love for mountain biking.

The Projects Commitment to You

By accepting the role of leader, the project will help you:

* To increase your skills and confidence in operating as a leader, there are opportunities for further training and resources available to support you.
* Training Opportunities: you can utilise the available resources from British (Scottish Cycling), will have access to advice from other members of your project including tutors and outdoor educators who have experience leading many different groups of people.