



bedgebury forest CC

The BFCC Junior Club is aimed at young riders who would like to develop their mountain biking skills. All our fun sessions are delivered by our team of experienced British Cycling qualified coaches, who will help riders develop all the techniques they need to ride a mountain bike safely and competently.

The club runs Saturday morning coaching sessions from around Easter to October, with each session covering a skill that is then put into practice on a trail ride. On selected weekends the Club arranges mountain bike races that our junior members are encouraged to take part in.

Please note: All riders taking part in a club activity will need to submit a Parental Consent & GDPR form – see website to download.

Trial Session: Riders joining for a free taster session **MUST** be accompanied by a responsible adult who will introduce the rider to the coaches and also complete all the consent forms. We ask the responsible adult to remain on site and contactable by mobile.

Details:

- Age Range - 8 to 16 years
- Location - the Club Training area at Bedgebury Forest – see map
- Format - skills training session followed by a trail ride
- Bike - a mountain bike in good working order, with min 5 gears.
- Clothing - helmet + clothing to suit likely weather conditions
- Other - bottle of water and a snack
- Season - April to October
- Time - Saturday mornings 10am to 12noon

Riders need to be at the club training area by 9.45am for a 10am start. Riders are then picked up from the area by Quench Cycle bike wash area at 12noon.

Juniors must bring their In-Case of Emergency (ICE) card to each session with up to date contact and medical information

BFCC Advanced Group

The club also runs separate coaching sessions for more experienced riders. Once riders have developed a suitable level of fitness and skill they will be invited to move up to the Advanced group.

Bedgebury Forest Map

Instructions to locate

BFCC training area

1. Enter start to cycle trail
2. Follow fire road up the hill
3. At T-Junction at top of hill,
& turn left
4. Follow fire road that will
bear to the right & uphill
5. Half-way up the hill, you will
see bench on the left. 25m
past bench there is a vehicle
track entrance on the right.
6. Enter track and at the end,
turn left into training area.
7. TRAINING AREA

