



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.

Following the difficult year of the pandemic and the expected high-demand from visitors to Bedgebury, the club has decided to run the Saturday Junior Club on Saturday afternoons – 2pm to 4pm. A change from previous years, we will also only be offering block courses of 4 weeks each and each Junior may only attend one block this year.

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: Due to the limited offer available to members, we will NOT be offering free trial sessions this year, as this would take up valuable space that are limited to 15 for each course.

Details:

- Age Range - 8 to 16 years
- Location - the Club Training area at Bedgebury Forest – see map
- Format - skills training session within the training area
- 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 - May to Mid-September
- Time - Saturday afternoon: 2pm to 4pm

Riders need to be at the club training area by 1.45am for a 2pm start. Riders must be picked up from the training area at 4pm.

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

Covid-19 – all Government and British Cycling guidance must be followed – see BFCC website for details, but no spectators permitted and social distancing maintained at all times.

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 may 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

