

Hamsterley Trailblazers run regular coaching sessions for youngsters once a month from the Visitors' Centre at Hamsterley Forest. The sessions are usually held on the first Saturday of each month, from 10.00 am to 11.30am.

We try to cater for a wide range of riders, from beginners age 5 up to experienced 15 year olds. Our coaches are volunteers who give their free time to provide these sessions.

All our coaches have completed training and have appropriate qualifications in Mountain Bike Coaching under the British Cycling 'Go Ride' scheme.

We have a Welfare Officer who is responsible for overseeing that safety and safeguarding guidelines are followed.

As a parent or guardian you will need to sign a data, medical information and consent form for your child when you attend the first session.

The groups of children are accompanied by two coaches and you are free to leave your child in their care for the duration of the session.

You do not need to book for these sessions, but it may be wise to check our facebook page or email the club beforehand on [contact@hamsterley-trailblazers.co.uk](mailto:contact@hamsterley-trailblazers.co.uk) to check that a session is taking place. We sometimes have to cancel sessions if insufficient coaches are available, or if the weather forecast indicates dangerous conditions.

Please follow the links if you wish to see detailed information of how our club conforms to the British Cycling codes of practice and guidelines:-