**Cycle Buddies FAQS**

**How much experience do I need to be a Cycle Buddy?**

If you have not ridden a bike at all before or are very uncertain about riding on roads, then we recommend you seek training before you start – your local council runs free Bikeability training. After you have completed training, you may want to sign up to Cycle Buddies to get more experience on the road.

For experienced riders, we don’t expect you to have completed training, but we do expect you to be confident on the road.

We would expect new riders to be riding at Bikeability level 2 and experienced riders at Bikeability level 3 – you can see the skills required here:<https://bikeability.org.uk/bikeability-training/>

**Will Cycle Buddies teach me how to ride a bike?**

Cycle Buddies is not a training scheme. Our experienced riders can help you with route planning, give you time to practice together so that you feel more confident and may be able to offer personal advice on questions you have.

If you are entirely new to cycling or are looking to learn new skills, we recommend that you seek training, which may be known as Bikeability or Cycle Confident or cycle instruction. Search on your local council’s website for free cycle training or look here:<https://tfl.gov.uk/modes/cycling/cycle-skills>.

**Is there any advice available on starting or getting back into cycling?**

Our tips for safe cycling are here:<https://www.lcc.org.uk/pages/cycling-advice-2020> and we have made a video for returning cyclists here:<https://www.youtube.com/watch?v=ZNCMQrTRMRs>. Cycling UK has good tips for new cyclists here too:<https://www.cyclinguk.org/advice-beginners>.

**I would like to become a Cycle Buddy but I can’t see a group in my local area.**

We are extending the Cycle Buddies scheme to cover as much of London as possible. If you can’t see a scheme in your local area, please sign up to our London-wide list at [www.lcc.org.uk/pages/cyclebuddies](http://www.lcc.org.uk/pages/cyclebuddies) and we will link you up with a buddy when we are able to.

**I signed up some time ago but I haven’t been given a buddy yet.**

We try to match up buddy pairs as soon as we can. If you haven’t heard from us it may be that there is nobody looking for a buddy in your area at the moment. In some areas we have more experienced buddies than we do new riders. You can always email your local borough group to ask what the situation is.

**I really enjoyed my buddy ride and I would like to be matched with another buddy.**

We are delighted that a number of experienced buddies have partnered more than one person. Let your local group know, and ask if you can be buddied up again when the right new rider comes along.

**How do I join a group ride?**

Our borough groups have been organising a range of rides for some time, from healthy rides for beginners through to longer rides for more experienced cyclists. These rides have been limited by the regulations on social distancing as a result of Covid19. Rides are advertised at:<https://www.lcc.org.uk/events>. Other organisations organise ride, such as British Cycling’s Breeze rides for women or local cycling clubs. You can find details of these on their websites or by searching on sites like Facebook or Meetup.

**Can I get more involved with campaigning or other activities that my local group organises?**

As well as Cycle Buddies, our borough groups organise local rides and campaign for better provision for cycling. You can find out about your local group activities here:<https://www.lcc.org.uk/pages/in-your-area>.