

Cycling South Africa & KZN Cycling Development Rollout



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Where did we come from

- The focus of the cycling programme in KZN since 2009 has previously been about top end national and international events.
- Pietermaritzburg is the UCI Bike City for Africa and has staged the most UCI events than anywhere else in the world.
- Despite the event focus, efforts have been made to ensure that the sport of cycling has been developed in KZN on a continual basis.



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Where did we come from cont...

- Since 2013, a total of R 3 500 000.00 has been redirected into development programmes and 4 x cycling academies were established and supported, namely Hammarsdale, iThukela, Burry Stander Foundation and Giba Gorge
- In 2016 alone, 2166 x youth have been exposed to cycling through coaching clinics and all 11 x districts and 32 x schools were introduced to cycling
- A KZN Cycling Development Series was established in 2015 and to date, 31 x events have been staged across the province and 2780 x children have participated



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So what's changed?

- Cycling South Africa and KZN Cycling have taken heed of the calls from the KZN Department of Sport and Recreation to move away from the event based programme and to facilitate a new mandate for the increased inclusion of all KZN districts
- To this end, a new intensive development rollout plan has been structured that will see a cycling development and transformation programme that will encompass all 11 x districts throughout the province
- The initial planning has been done for a three year time period in 3 x phases through until the end of the 2019 / 2020 financial year



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What do we want to achieve

- More young people being exposed to the sport more often
- Create an environment where the love of the sport can be engendered
- Provide training and skills to all affected people and areas
- Provision of equipment to as many areas as possible



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What do we want to achieve cont...

- Provide competition opportunities for kids to compete against their peers and at their skill level
- Upskill as many people associated with the sport and the programme as possible and undertake aggressive capacity building in all districts
- Have a pathway for riders to go from learning to ride to one day competing at the highest level



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CAPACITY BUILDING



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Staffing and support

- KZN Cycling now has put a full time staffing component in place to ensure the successful rollout of the development programme
- This staff component is as follows:
 - Development Manager
 - Youth Series Manager
 - 6 x Development Officers
 - 1 x Assistant Development Officer
 - Administrative Assistant
 - 1 x Mechanic
 - Social Media & PR Practitioner



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KZN Cycling Staffing and support structures

- These staff members will be tasked with running development programmes and clinics in all districts, will support the clubs and academies already in place and will support the new Cycling Hubs that are being established
- They will ensure that the cycling message gets spread as far and wide as possible and will also assist with the maintenance and control of all equipment and infrastructure purchased for the programme
- The social media & PR person will ensure that the progress and success of the programme is well documented and exposed as widely as possible.



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District Cycling Hubs

Establishment and support

- A Cycling Hub has been established in each of the 11 x districts throughout KZN
- These Hubs are the KZN Cycling partners and will drive the programmes in the districts with the support of the KZN staff
- In some instances, existing clubs in the relevant districts have been appointed as the Hubs and in all others, new partnerships have been forged and Hubs established.
- These Hubs will liaise with other entities in each district such as schools, clubs etc to arrange for activities to take place at their venues



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District Cycling Hubs Establishment and support

- Training courses will be provided to these Hub personnel to aid with the administration of the programme and these will include elements such as
 - Drafting constitution,
 - Governance,
 - Financial management,
 - Business planning
- There is a target of 5 x persons per district to administer each district
- Therefore, **55 x people** will receive training



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District Cycling Hubs

Establishment and support

- Each Hub will receive administration equipment including tablets for administration and communication purposes
- They will also receive an airtime / data allocation per month to allow for communication to take place and for regular reports on activities to be submitted
- A storage container has been supplied to each Hub if no other facility was available at the venue
- 1 x 14 bike trailer has been manufactured and provided per district for the transport of bicycles
- Financial support will be made available for the transport of Hub personnel to travel across the district(s)



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Regional Coaching Development plan

- There is a target to identify and train a minimum of 5 x people from each district as pre-level 1 coaches
- Once these people have gone through the training course, they will work together with the KZN Cycling development officers to run the programmes and to gain experience throughout the year
- During this time, some of these people will be identified to go through to complete a UCI Level 1 course in the next phase
- Therefore, **55 x people** will receive training



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Race officials/referees (commissaires)

- If activities are to be staged in each district, training is required of race officials across all cycling disciplines – ie. road, mtb, track, bmx
- There is a target to train a minimum of 6 x people per district to become race officials able to officiate at local events
- During this time, some of these people will be identified to go through to complete a more comprehensive UCI Level course in the next phase
- Therefore, **66 x people** will receive training



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District Event organisers

- As there are to be a variety of events staged in each district, the training of event organisers is required in all 11 districts
- The course will cover the basic principles of event organisation such as project planning, marketing, budgeting, branding, technical elements, reporting etc.
- There is a target to train a minimum of 2 x persons per district as district event organisers
- Therefore, **22 x people** will receive training



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Safety Officers

- There is a target to train a minimum of 2 x persons per district as event safety officers
- The course has been structured so as to teach the participants the principles of event safety in terms of the Act
- Therefore, **22 x people** will receive training



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Marshal training

- The objective is to establish marshal companies or groups in each of the districts
- Courses will be run to train a minimum of 20 x marshals per district
- They will receive instruction on the road ordinance and event marshalling
- These entities can then be utilised by all sports in the district
- This can lead to the creation of employment opportunities for the marshals – there are 85 cycling events in KZN per annum alone as well as a variety of other sports.
- Therefore, **220 x people** will be trained.



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Mechanics course

- Through the programme, a number of bikes and equipment are being supplied to each District Hub to it is imperative that there are people in each region to be able to maintain the equipment
- Courses will be run to train a minimum of 2 x people per district as mechanics
- They will receive instruction on bike maintenance and repair
- During this time, some of these people will be identified to go through to complete a more comprehensive UCI Level mechanics course in the next phase
- Therefore, **22 x people** will receive training



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Equipment purchased for Cycling Hub support

- Due to the fact that the aim of the programme is to get more young people riding bicycles, it stands to reason that bicycles, spares for these and helmets need to be purchased and distributed to the various District Hubs
- Some of the Hubs already have bikes so the priority will be to get bikes and equipment to the newer partner hubs
- A total of 150 x bikes are being purchased for the Hubs, these being 80 x Avalanche single speed bikes & 70 x DV8 BMX bikes
- Helmets and spares for all bikes have also being purchased
- The Hubs will take ownership of this equipment and store it and maintain it and it will be used to develop the sport in the district



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Equipment purchased for Cycling Hub support

- The bikes to be distributed to each Hub are strong and are good to teach young people riding skills and the like, but are not suited for top end competition
- Competition level bikes have been bought for each discipline commission (MTB, BMX, Road & Track) and these bikes will then be made available to kids from the districts that show promise and talent at the different provincial level events that they get taken to



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Construction of Skills Park

- Although all of the cycling disciplines require a skills set particular to that discipline, these skills do not necessarily change or vary as the competitions change whereas this is not always the case with mountain biking (MTB).
- It can be argued that the most varied skills set required is for MTB as each course can throw up many different challenges and the obstacles can be made bigger and harder all the time.
- Therefore, a Skills Park is being constructed at Cascades MTB Park in Pmb that will allow for a wide variety of different obstacle types to be built, and for a number of different levels of difficulty for each obstacle type to be put in place so that riders can practise these and become more proficient.



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PARTICIPATION



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Clinics and development camps

- Each of the Hubs will identify other role players in each of their districts such as schools or clubs etc where cycling clinics and development courses can be staged on a regular basis
- The equipment provided to each of the Hubs will then be utilised for these activities
- The KZN Cycling development officers, in conjunction with the relevant people in each district such as the coaches and the mechanics etc, will then run these clinics
- Part of their mandate will be to train the local district coaches and staff how best to stage these clinics, with the objective that each district is able to run many of their own activities



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The Competition Path

- Each District Hub will oversee the staging of a minimum of 2 x Grass Roots events in their district
- Talented riders from each district will be placed into a District squad
- Each District will stage an inter – District competition with a minimum of two other district teams involved
- Talented riders from these events will then be selected for additional training in identified disciplines
- They will also be able to compete in development category competitions in each discipline's events



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The Competition Path cont...

- As rider's progress, they will be entered into races like the Spur MTB Series events
- Talented riders will be identified and assisted to then be entered into provincial events and national events
- Current programme includes 10 x riders from uThukela District in the VW programme



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Youth Series Road (Mass Participation)

- In order to be able to develop riders, the need to be exposed to better levels of racing on a regular basis
- A Youth Series has been established that will see 12 x road cycling events and 6 x track events staged and will allow those talented riders identified at the various district events to compete against other young riders.
- 1 x road event will be staged in each of the districts with a Youth Series Final to be staged in Pietermaritzburg in March 2018



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Youth Series - Track races

- Track cycling is a fantastic development discipline in that it teaches young riders a large number of skills that can and are used in other disciplines
- One advantage that a track has is that it is a self contained area with most of the infrastructure already in place
- One huge “disadvantage” to track cycling is obviously the fact that you need a track – and there are only 2 x tracks in KZN
- These are positioned in Pietermaritzburg and Durban



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Provincial racing series

- Through the grass roots and district events that will be staged (33 x events in total), talented riders and those that show promise will be identified and these riders will be assisted to compete in the various provincial level events staged by each cycling discipline



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Provincial racing series

- These events are as follows:
 - MTB – 3 x events + provincial championships
 - BMX – 4 x events + provincial championships
 - Road – 12 x events + provincial championships
 - Track – 6 x events + provincial championships



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Provincial racing series targets

- Targets for participation from Districts:
 - 10 per district
 - 110 participants filter to provincial events and School's Series races
- Age groups targeted:
 - 12-18 years



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National Event Participation

- Riders from KZN that show promise and that have performed well at the various provincial level events in the different disciplines will receive assistance to attend national events at different venues across the country.



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High Performance Training

- The way that the programme has been designed allows for large numbers of young people to be exposed to the sport through clinics and coaching.
- They can then start climbing the “progress ladder” by participating and doing well at the grass roots events, the district events, the youth series events and provincial events
- Those riders that show real promise at these different levels – especially the latter two – can then be selected to have additional, specialised coaching and to be put into High Performance programmes through PRIME or other relevant programmes dependent on their skills



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What's Next?

Phase 2 & 3



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Programme Extensions

- Much the same activity will take place in the next 2 x year period with more bikes & equipment being put in place to grow participation in each of the regions
- More courses will be run so as to qualify more people in each district at the basic level
- People who have completed initial courses will then have an opportunity to do more advanced courses – e.g. UCI mechanics, coaches and commissaires courses.



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Equipment to be purchased for Cycling Hub support

- In Phase 1, the priority is to ensure that all of the Cycling Hubs received equipment and bikes and are able to start programmes throughout the district
- In Phases 2 & 3, this will be taken to the next level whereby activities will be driven at Ward level with the aim to establish cycling clubs in the Wards
- At least 30 x Wards will be identified (approximately 8 x per district) for clubs to be established per year – 60 in total
- A total of 360 x bikes are being purchased for these clubs in the Wards as well as helmets and spares for all these bikes
- The clubs will take ownership of this equipment and store it and maintain it and it will be used to develop the sport in the district



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Construction of Skills Parks & Mini Tracks

- A Skills Park, similar to the one being constructed at Cascades MTB Park in Pmb in Phase 1 will be constructed at each of the Cycling Hubs.
- These Skills Parks will allow for a wide variety of different obstacle types to be built, and for a number of different levels of difficulty for each obstacle type to be put in place so that riders can practise these and become more proficient.
- Over and above these larger Skills Parks, a Mini Track will be constructed in each of the 30 x wards where the cycling clubs are to be established per annum – 60 in total
- This will allow for the riders to develop their skills in their specific area and then as they progress, move onto use the larger Skills Park at the Cycling Hub



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Questions?



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