



## **How to Start a Cycling Club with Velo NB**

**2026 Edition**

*A Step-by-Step Guide to Building a Youth-Focused  
Club for Development and Racing*

<b>Section 1: Introduction .....</b>	<b>3</b>
<b>Section 2: Coach and Instructor Development .....</b>	<b>3</b>
<b>Section 3: Affiliation and Membership.....</b>	<b>4</b>
<b>Affiliation:.....</b>	<b>4</b>
<b>Section 4: Insurance .....</b>	<b>4</b>
<b>Section 5: Youth-Focused Programming.....</b>	<b>4</b>
<b>Section 6: Support from Velo NB .....</b>	<b>5</b>

## Section 1: Introduction

Starting a cycling club focused on youth development and racing is a rewarding way to build community, foster athletic growth, and promote healthy lifestyles. Whether your goal is to introduce young riders to the joy of cycling, build competitive pathways, or strengthen sport participation, Velo NB is here to support you with resources, training and guidance.

## Section 2: Coach and Instructor Development

To support youth riders, a solid foundation of trained coaches and instructors is essential.

Steps:

- **Take NCCP Training:** Start with the *NCCP Community Coach* program, which is designed for youth cycling. More info at: <https://velonb.ca/coaching/>

Investing in your leaders starts with recognizing the time and resources they put into the sport. **Velo NB actively supports coach development** by helping cover the cost of training and certification programs, including:

- **NCCP (National Coaching Certification Program) courses**
- **Can-Bike instructor certification**
- **Hop On Instructor Training**
- **Mentorship:** New coaches should be partnered with experienced mentors to develop skills and confidence.
- **Responsible Coaching Movement:** Clubs must follow Safe Sport principles, including:
  - Background checks for all coaches
  - Commitments to the Rule of Two
  - Ethics and Respect in Sport training
  - Details: <https://velonb.ca/safe-sport/>

Recommendations:

- Have at least **one certified coach** per program type (if you offer more than one program)
- Other helpful certifications include but are not limited to:
  - **First Aid/CPR**
  - **Making Head Way (Concussion Training)**

- Note that all **NCCP-trained coaches must maintain their status on The Locker** and keep training up to date.

## Section 3: Affiliation and Membership

### Affiliation:

Becoming an affiliated Velo NB club connects your organization to the provincial cycling community and unlocks key benefits including insurance, program support, and event sanctioning.

#### Affiliation Requirements:

- Choose a **club name**
- Provide **primary contact(s)**: name, email, phone number
- Indicate **club status** (non-profit, incorporated, or informal)
- Submit **annual affiliation** through Velo NB

**Annual Fee:** \$55

**Minimum Members:** 3 registered Velo NB members

More info: <https://velonb.ca/join/>

#### A list of **benefits of affiliation**:

- Access to sanctioned insurance coverage
- Club promotion through Velo NB and Cycling Canada
- Access to club development tools, resources, and workshops
- Eligibility for grants and event hosting

Encourage clubs to **include parents/volunteers** as members to help build club culture and community involvement.

## Section 4: Insurance

Insurance is provided to all affiliated clubs and registered members through Velo NB.

More information is available here: <https://velonb.ca/insurance/>

## Section 5: Youth-Focused Programming

Youth programs should prioritize fun, safety, and skill progression while providing a pathway for athletes interested in competition.

Progression Pathway:

- 1. Hop On**

Start with *Cycling Canada's HopOn* program to introduce young riders to the sport in a fun, inclusive, and skills-based environment.

- 2. Development Programs – Skill Building and Group Riding**

Once riders are confident pedaling independently, clubs can offer development programs that emphasize: trail skills, cornering, gearing, and pacing, group rides, longer distances, goal setting, nutrition, season planning and more!

- 3. Race Programs – Competitive Pathway**

For athletes interested in competition, clubs can gradually introduce structured training and race preparation.

- 4. Off-Season Programs**

Best Practices:

- Align programs with Cycling Canada's Long-Term Athlete Development (LTAD)
- Keep coach-to-rider ratios low (1:8 recommended)
- Promote gender-inclusive and diverse participation
- Follow our Ride Leaders Guide when leading a group ride.

## Section 6: Support from Velo NB

Velo NB is committed to helping new clubs succeed. Support may include:

- Mentorship from established club leaders or coaches
- Program templates
- Grant and funding information for new equipment or training
- Coach development funding
- Event sanctioning and promotion on Velo NB's calendar

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