

**TOUR OF  
BRITAIN** 



**INFORMATION AND  
ENGAGEMENT**  
GUIDE FOR SCHOOLS 2020



# WHAT IS THE TOUR OF BRITAIN?

The Tour of Britain is the country's biggest free-to-watch sporting event, bringing world-class athletes and elite sporting action to cities, towns and villages each September. It takes place over eight days, covering over 1,000 km of roads.

The intention of this pack is to provide schools with information and background to the Tour of Britain cycle race, as well as provide ideas of ways schools can get their pupils involved with the race and incorporate cycling into their education calendar.



## FACTS & FIGURES

- 20 of the world's top teams will compete.
- Over 1 million roadside spectators.
- Broadcast live from start to finish every day on ITV4.
- Broadcast in over 120 countries worldwide

If the Tour of Britain is coming to your area, make the most out of it at your school and get behind cycling with our handy information pack dedicated to offering information specifically for schools.

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# HOW DID IT BEGIN?

The Tour returned after a five-year absence in 2004, quickly re-establishing itself as the main event in the British cycling calendar. By 2008 the Tour of Britain had grown to become an eight-day event, allowing it to visit more parts of the UK than ever before.

## WHEN DOES IT HAPPEN?

The Tour of Britain takes place in September.

It is one of the UK's biggest annual sporting events – with millions of spectators lining the roadside as well as a worldwide TV audience!

Top riders such as Olympic medallists Sir Bradley Wiggins, Mark Cavendish, Chris Froome and Geraint Thomas have competed in the past, but the complete line-up of cycling stars will not be known until nearer the event.



The event dates back to the first British stage races held just after the Second World War, since then various events have been described as The Tour of Britain, including the Kellogg's Tour of Britain and the PruTour. The current version is part of the UCI Europe Tour.



# CYCLE RACING BREAKDOWN

There are 20 teams that take part in the race, and each team has six riders who compete during the race. That's 120 riders racing down roads near you!

Each team has a designated **team leader** and the rest of the team are domestiques (and their style of racing will lead them to be either **sprinters** or **climbers**).

The team leader will be the rider who has been given the job to win the overall event. The rest of the team (the domestiques) will work together and do everything they can to make sure their team leader wins the race. The job of a domestique is to shelter the leader from the wind, fetch food and drink and even give up their bikes if the leader has a mechanical problem!

Each team has a team car where their team manager will be communicating to riders via a radio, asserting tactics and telling riders what is happening in the race. Every team car will ride behind the group of professional cyclists, until there is an incident that may require the team car to drive up next to the rider, such as a bike mechanical issue, a crash or passing water to riders.



The team's tactics will be decided by the strengths and weaknesses of the team's leader. E.g. if the rider is good at climbing the team will try and win the mountain stages. If they have a weakness, the domestiques will try to protect the rider so they don't lose time.

## THERE IS ONLY ONE WINNER SO WHY ARE THERE TEAMS?

Professional cycle racing is more than meets the eye! There are many tactics and strategies in play among teams in order to win a race. Some may even call it the ultimate team sport because certain riders will work hard all race long and then sacrifice their chance of winning just so their 'team leader' can cross the line first.

The winner of the race will usually split the cash prize with all of the members of their team – sharing the prize because it is a team effort and the rider would not have won without them!



#### WHAT DO DOMESTIQUES DO?

The job of domestiques is to protect their leader, so for most of the race they will ride in front of their leader, so he can conserve energy and be ready to attack off the front or sprint to the finish line. This is because cycling behind someone helps protect you from the wind so you use up less energy, in cycling this is known as “drafting”. Teams will plan how to do this and riders will take it in turns to ride at the front to protect their leader or to stop others from attacking and riding off the front.

#### WHAT IS A PELOTON?

All of the teams will tend to ride in one tight group during the race, and this is known as a peloton. The peloton is essentially the main – and biggest – group of riders during the race.

Often riders will try to break away from the peloton, which is known as an attack. This is often countered by a chase group going after the attacking rider, which can lead to the rider being brought back into the main group of riders.

Teams have to watch this very carefully as another team’s leader may be the attacker and in which case the team will need to act quickly to pull the rider back in so their team leader doesn’t lose out on their chance to win. Teams may even try to group attack, where one domestique will ride ahead and force their rival teams to follow and chase, then when the pack catches up, another domestique will then ride ahead. The aim here is to tire out the other teams before the finish of the race.

#### WINNING THE RACE

When there are multiple stages in a race, such as the eight in the Tour of Britain, there can be a different winner of each day’s stage. However, there is also a winner of the overall race, which is known as the General Classification (GC) winner. The overall winner in the GC is the rider who has the fastest time when all the stage results are added together. Look out for this rider, he will be wearing the green leader’s jersey!

**The GC Winner** Each team leader will generally be riding for the GC win. This means they will want to cross the line in a consistently low time across all of the eight stages of the Tour of the Britain to be in with a chance of winning the overall.

**The Stage Winner** Depending on the parcours of that day’s stage, this will determine what kind of rider is likely to win that stage. If there are lots of hills and elevation, and maybe the race finishes on a hill, the winner is likely to be a ‘climber’. Whereas if the race finishes on a fairly flat section of road, the winner is likely to be a ‘sprinter’.

Teams will put strategies in place for one of their riders to win a stage as well as to make sure the team leader is in a good position for the GC.

There are lots of tactics going on behind the scenes and it is the team manager’s job to make sure the riders know their role within the team and to make sure that, whatever the team wants to win, they achieve this!

#### WHAT IS THERE TO WIN?

There are lots of prizes and awards to be won at a cycle race! Which makes tactics and team work even more important!

**Stage Win** There is a prize for the winner of each stage of the Tour.

#### AWARDS

There are two awards: the **Combativity Award** awarded to the day’s most aggressive rider.

**The Team Award** At the end of the race, the best performing team will be awarded with a prize.

#### JERSEYS

There are different jerseys to be won for different types of riders in the race. Each jersey will be won through a points scoring or time process. The jerseys are presented after each stage race – meaning depending on points and times, the different jerseys could be passed around more than one rider. After the final stage, the final winners of the jerseys will be presented.

Learn about the different jerseys up for competition during the Tour of Britain on the following pages.



# THE TOUR OF BRITAIN JERSEYS

There are four jersey's up for grabs over the competition: the Green Jersey, the Cetaphil Points Jersey, the ŠKODA King of the Mountains Jersey and the Eisberg Sprints jersey.

## THE GREEN JERSEY Race Leader

The overall winner of the Tour of Britain will be awarded the green jersey. To win this, the rider will complete the race in the quickest time. The green jersey is worn during the race by the current leader in GC – the one with the lowest finish time.



## EISBERG SPRINTS JERSEY Sprints Points Leader

Each stage also features three intermediate Eisberg Sprints. Riders will sprint as fast as they can across these sections to win maximum sprint points. The rider who has the most Eisberg Sprint points will be presented with the Eisberg Sprints jersey.



## ŠKODA KING OF THE MOUNTAINS JERSEY KoM Leader

The KoM jersey is worn by the rider who has been the most consistent in reaching the summits of the King of the Mountains climbs first along the route. There are three categories of climbs, with the longest and steepest climbs worth the most points. Riders will compete against each other and try to win KoM points during each stage, as the rider with the highest points will win the jersey.



## CETAPHIL POINTS JERSEY Points Leader

The winner of the Points Jersey will be the rider who gains the most points throughout the course of the race. The points jersey is worn during the race by the rider who has won the most points. On the final stage, whoever has the most points from all of the stages will be awarded the final Cetaphil Points Jersey.



# HOW CAN SCHOOLS GET INVOLVED ON THE DAY?

There are a number of different ways your school can get involved with the Tour of Britain, and use the event to inspire young people to get active and involved in cycling.

## Watch The Race

Each stage of the race passes through many towns and villages, providing many areas the opportunities to get out on the roadside and watch the world's top cyclists in the thick of the action.

We provide an estimated arrival time (ETA) of when the race will pass through key points along each stage on our website. You can use this to plan where you want your school to go on the route to watch.

The ETA schedule can help you plan in advance travel options so you can plan to provide as many school-children the opportunity to watch the race pass, where they can wave flags and banners they may have created (see next sections for more information).

## Get involved in the start of the race

Contact your local council about mascot opportunities and start flag competitions.

Some of the councils involved in the event may be running competitions to get local children involved in the start of the race. If you aren't sure who to contact, please do email us and we would be happy to help direct you to the right person.

## Get involved in the finish of the race

Contact your local council about opportunities to get involved in the finish celebrations and activities.



Some of the councils involved in the finish of area of the race may also be running competitions to get local children involved at the finish. If you aren't sure who to contact, please do email us and we would be happy to help direct you to the right person.

## Adopt a Team

If you're out on the route cheering on the cyclists, why not adopt a team? Welcome them to your city, town or village by showing your support for them.

Each of the 20 teams in the race will have their own distinctive jersey and colours, making it easy to create posters, flags or even face painting in the team colours. You will be able to find the list of teams and their jersey colours on the Tour of Britain website, as well as links to the team's own website and social media.

The teams and riders come from all around the world to race in the Tour of Britain, so why not enable school children to learn more about their adopted team and where they are from and who their riders are.



# HOW CAN SCHOOLS GET INVOLVED IN THE LEAD UP?

Use our background information about the race and cycle racing to help create educational lessons and cycling fun days.

You could incorporate the Tour of Britain and cycling into various curricula:

- P.E.
- Geography
- History
- Languages
- Mathematics
- Nutrition
- Art

Here are some examples of ways schools have incorporated the race into their lessons:

- Focusing on your area's stage and using it to guide a geography and history lesson about key landmarks that the race will pass. (Create a photo-board, fact files, a picture collage of the route).
- Asking pupils to locate towns visited by The Tour on a map of the UK.
- Getting creative to make a fun and friendly welcome banner, flags, posters and bunting for the riders.
- Learn about the teams – "Adopt a team". Research the teams, where they come from, who rides for them, what countries do they represent, learning the language of different teams. You can find out the full list of competing teams on our website.
- Educate the class on how the Tour works using information from the previous pages about how about how the jerseys work and how teams work together to win the race for one rider.
- Get pupils to research Britain's most famous riders to inspire youngsters and give them positive role models.

- Using the key and interesting facts to create fun and interesting equivalents for children (e.g. professional cyclists can ride up to 80kpm downhill – that's as fast as a car on a motorway)
- Learn the anatomy of a bike
- Use the Tour as a way to provide children with nutrition information – for staying healthy and learn about what professional athletes eat.
- Set up a bike club at the school & promote cycling to school & cycle safety info
- Maybe create a special P.E. class that involves cycling.
- Provide education on cycling safety and the importance of wearing helmets.



## CREATE TOUR OF BRITAIN INSPIRED COMPETITIONS

Work with your local council who will host either the Start or Finish of the race for your area, and get involved in creating competitions for your school children where they could win the chance to have their entry featured on the start line or presented at the winning ceremony. Examples of competitions include:

- Design a Start Flag (template on page 14)
- Design a Team Jersey (template on page 15)

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Get in touch with your local council to find out how to get involved in school competitions.

Work with your local council to know when entries need to be in, where to send entries to and when the council will be contacting winners. There may be multiple schools that want to get involved in these competitions so if a child wins it may be local-newspaper worthy and a big opportunity for children to take it seriously.

We can provide you with contacts if you do not already have them.

## SHARE YOUR EXPERIENCE

If you plan to do something ahead of the event or are going to make race day a special occasion for your school, please do let us know!

We would love to hear how you are embracing cycling, and also if there is anything we can help with in making it a special and unforgettable day for all your pupils, we will do our utmost to help.

Contact: Harleigh Hobbs  
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# TEACHING KIDS TO BECOME LIFELONG CYCLISTS

This year's jam-packed summer of cycling will bring the exciting sport to communities across the UK. For many, this means getting to see the best cyclists in the world up-close as they compete for some of the sport's most prestigious prizes.

As the event approaches, why not build upon the buzz of the race and help your pupils to become confident and happy cyclists for life? This guide from British Cycling gives you lots of tips to help the whole classroom get pedalling.

Kids will love the chance to get active at school and combine pedalling with playtime, as they develop the confidence and co-ordination to make cycling a habit for life.



Help to build the foundations of a great cycling nation by visiting [readysetrider.co.uk/schools](http://readysetrider.co.uk/schools) to get started.

## FUN COACHING VISITS

HSBC UK Go-Ride for schools takes things up a gear, with a series of fun and challenging cycle coaching sessions to compliment your existing P.E. offering. You don't need to invest in special equipment or training: everything is taken care of by experienced HSBC UK Go-Ride Coaches – including the bikes and helmets.

These sessions are great for children who can already ride a bike, giving them the skills to become active and independent cyclists. HSBC UK Go-Ride is easy to introduce and, most importantly, is guaranteed to put a smile on your pupils' faces.

Visit [britishcycling.org.uk/go-ride-for-schools](http://britishcycling.org.uk/go-ride-for-schools) to get involved.



## READY, SET, RIDE!

British Cycling believe that every child should have the right to ride a bike, and with the HSBC UK Ready Set Ride programme they have come up with THE way to teach a child to ride. Created for the classroom, the simple three-step process is made up of fun and free activities that anyone can teach – no training required!



## CYCLING OUTSIDE OF SCHOOL

The thrill of watching a bike race is bound to have your pupils itching to get out for a ride. Thankfully, there are over 350 Go-Ride cycling clubs just for kids up and down the UK!

These clubs give children the chance to access expert coaching, make new friends and use some amazing cycling facilities – all within a friendly and welcoming environment. Many of Great Britain's most talented riders started out in Go-Ride cycling clubs, so they are the perfect places for aspiring champions to get going.

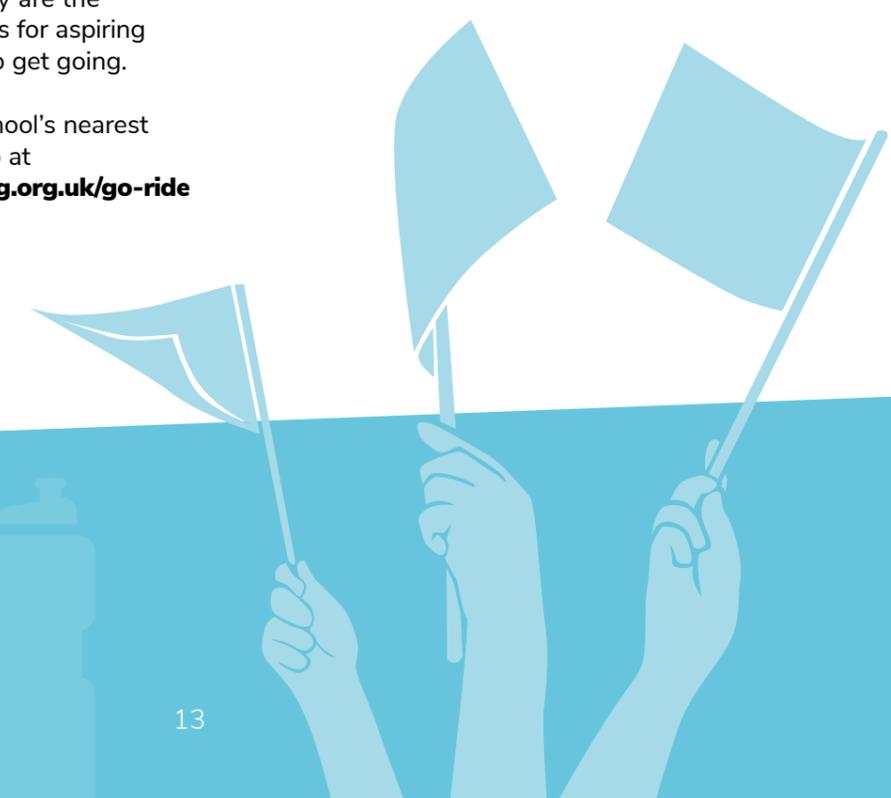


Find your school's nearest Go-Ride club at [britishcycling.org.uk/go-ride](http://britishcycling.org.uk/go-ride)

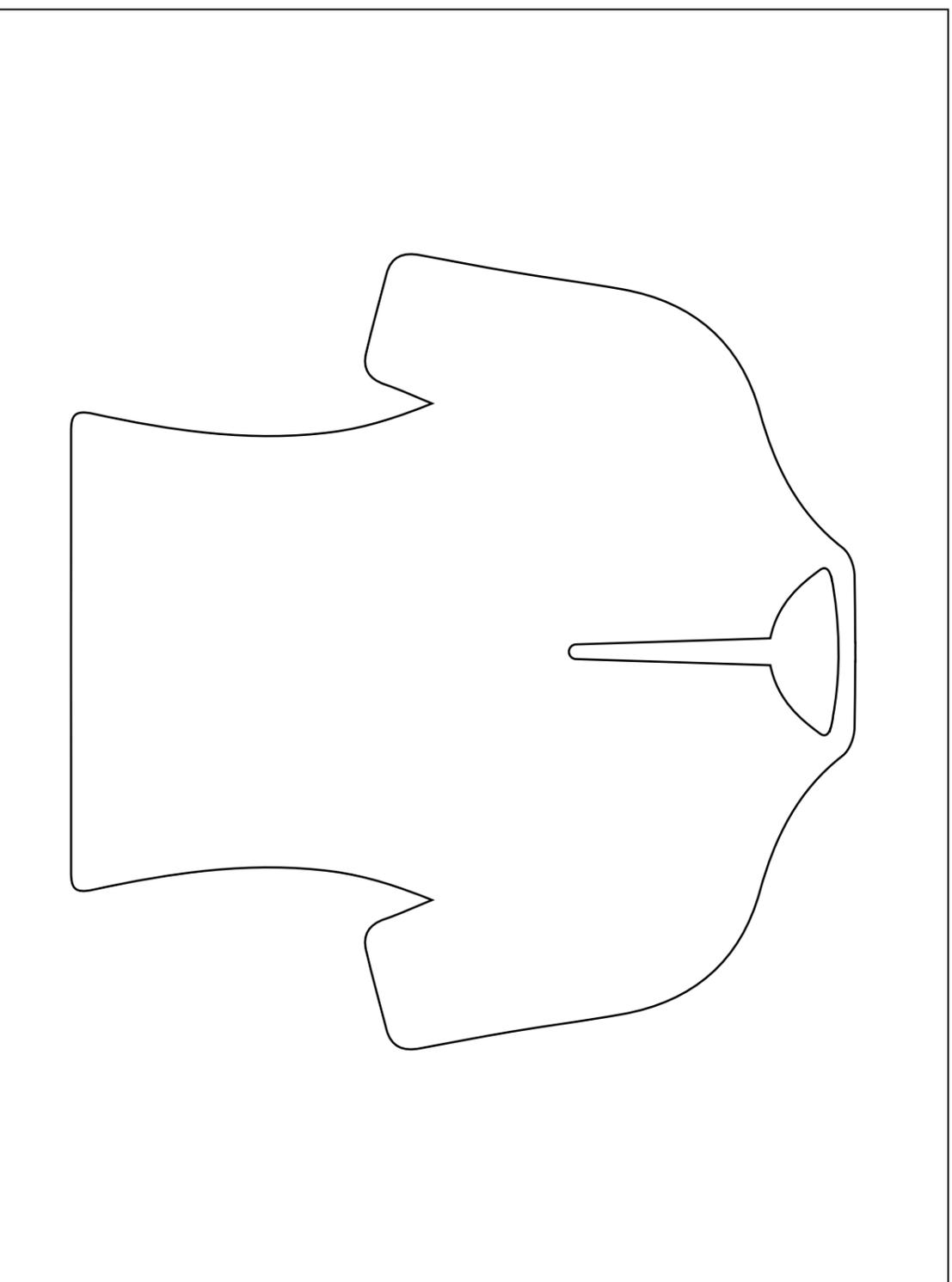
## CYCLING IN THE COMMUNITY

The build-up to the big race is the ideal time to reach out into the community, so you can share the excitement of cycling together. So, why not get in touch with your local cycling club? You could collaborate on a cycling-themed event or invite a successful cyclist to come and give a talk at your school.

Head on over to [britishcycling.org.uk/clubfinder](http://britishcycling.org.uk/clubfinder) for more information.



# DESIGN A JERSEY



Designed by

Age

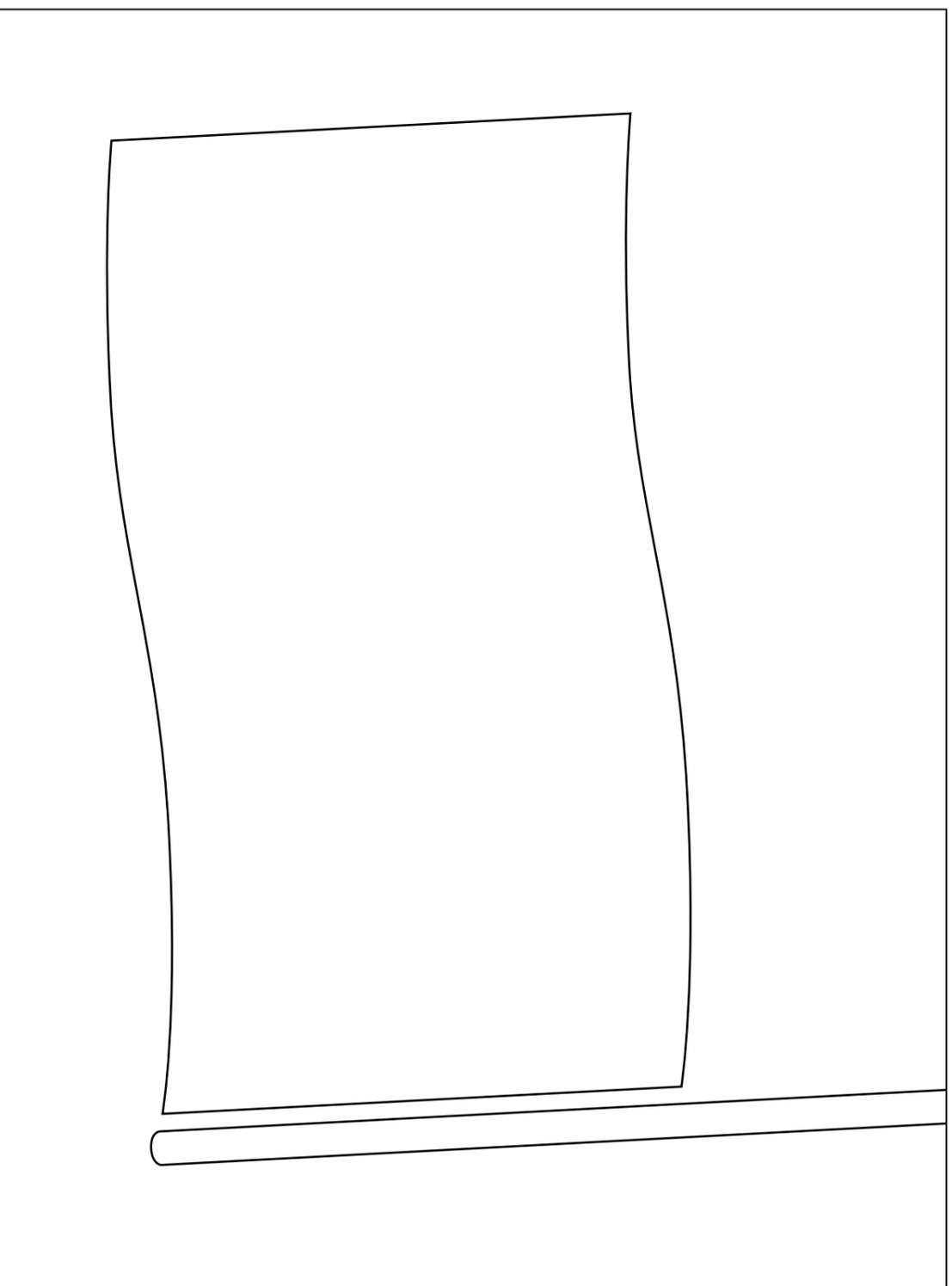
School

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# DESIGN A FLAG



Designed by

Age

School

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If you have any questions, please do get in touch.

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You can also share the school's engagement with the race via our social media channels:

-  The Tour Of Britain
-  @TourofBritain
-  @TheTourofBritain
-  TheTourCycling

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