



Code of Conduct

By signing up as members or parents/guardian of members, the following is accepted as being the manner in which the Club shall operate;

1. Members, and Parental/Guardian Consent for participation in Coached Sessions and Club Activities

Members and Parents/Guardians of members shall have read this Code of Conduct and the following notes, and agree to, or have given consent for their child to, take part in the coached sessions and other club activities in both traffic-free environments and on the Public Highway. It is understood and agreed that all Members participate in coaching sessions under the instruction of British Cycling Coaches and in other Club activities (including social riding on the Public Highway) entirely at his/her own risk. Parents/Guardians shall have considered the nature of such sessions and have discussed them with their son/daughter. The Parent/Guardian must be satisfied that their son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling coach and without direct supervision on Club activities. To participate all Members shall be at least 12 years old or older and can cycle at a level equivalent to, or exceeding, the Level 2 Cycle Training Standards*.

Notes

- Parents/Guardians are giving consent for their child to participate in coaching sessions conducted in a traffic-free environment (eg not on the public highway) and also on Club social rides which take place on the Public Highway where no coaching activities or direct supervision take place.
- It is part of the Bournemouth Arrow Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where all Members can enjoy developing their cycling skills. Parents/guardians are welcome to stay and watch coaching sessions but this is not compulsory.
- All Members are expected to remain in the coaching session from beginning to end, unless they have to leave early. If a young rider has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any Members who persistently misbehave or put others in danger will be asked to leave the coaching session or club activity and will not be allowed to attend in future.
- It is the Parent's/Guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All Member's bikes must be in a safe condition to ride and Members must wear a cycling helmet at all times during the coaching sessions and social rides.
- Parents/Guardians must ensure you make a note of any medical conditions your child has/you feel the coach should know about prior to any session or activity. If Parents/Guardians and Members have any concerns about participation in any form of physical activity, please consult your GP before participation in the coaching sessions or activities.

*In summary, the Level 2 Cycle Training Standards requires riders to:

- Start and finish an on-road journey
- Observe the environment and factors that may affect their riding
- Signal their intentions to other road users
- Ride on the correct part of the road they are using
- Pass side roads, parked or slower moving vehicles

- Turn right and left on a major and minor road
- Take the correct carriageway lane when they need to (eg at roundabouts)
- Demonstrate a basic understanding of the Highway Code.

2. Members and Parental/Guardian Consent for Participating in Prescribed Training

Members and Parent/Guardians of Members shall have read this Code of Conduct and the following notes, and agree to, or have given consent for their child to, completing training that has been prescribed by a British Cycling licensed coach. All Members shall be at least 14 years old or older and have completed a Rider Profile, under Parent/Guardian supervision if appropriate, including all details that may affect the training prescription.

All Members and Parent/Guardians must understand that the prescribed training may require the completion of training without the supervision of a coach and, during these sessions, it is the Adult Member's or Parent/Guardian's responsibility to ensure the safety of the Member concerned having considered the nature of such training and have discussed them with my son/daughter if appropriate. All Members and Parents/Guardians must be satisfied that the Member concerned is sufficiently responsible and competent to assume full and entire responsibility for completing prescribed training.

Notes

- Parents/Guardians are giving consent for their child to complete training prescribed by a British Cycling licensed coach. Such training prescription may contain a variety of activities including long and intense training in a variety of environments (including on the public highway), as well as skills sessions. Some of the training will not be under the supervision of a coach. During such sessions, the Member will be entirely responsible for their own safety.
- It is part of the Bournemouth Arrow Code of Conduct to ensure that reasonable steps are taken to provide safe and appropriate training for all Members. Members are required to provide feedback to coaches based upon training completed. The coach may cease to provide training prescription if feedback is not provided by the rider.
- It is the Parent's/Guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All Member's bikes must be in a safe condition to ride and Members must wear a cycling helmet at all times during the coaching sessions and social rides.
- Parents/Guardians must ensure you make a note of any medical conditions your child has/you feel the coach should know about prior to any session or activity. If Parents/Guardians and Members have any concerns about participation in any form of physical activity, please consult your GP before participation in the coaching sessions or activities.

Club Committee
20/02/2014