

Member Code of Conduct

Charlottesville Cycling Club ("we", "us", "our") is a cycling club based in Guildford, Surrey and is the parent club of the Charlottesville Rascals, its youth section. We are affiliated to British Cycling, the governing body of cycle sport in the UK as recognised by the UCI and UK Sport. This Code of Conduct sets out our values and exists to provide guidance on the standards of behaviour expected from every member.

The Club strives to be:

so members should:

Welcoming & Inclusive

We are committed to championing diversity and inclusivity within the club and the sport of cycling and we will strive to ensure that the sport is accessible to all.

We welcome everyone with an interest in the sport of cycling, irrespective of age, gender, sexuality, race, nationality, belief or socio-economic circumstance.

- ✓ ensure that all individuals in cycling, whether members or not, are treated with respect at all times;
- ✓ not discriminate against an individual for any reason;
- ✓ not behave in any way which could reasonably be construed as abuse of any kind, including, but not limited to, verbal, physical, emotional, sexual, neglect or bullying;

Fun & Friendly

We want everyone to share in the fun of cycling

We are passionate, not elitist.

We want members to feel happy and safe on every ride

We want to create an atmosphere in which we all thrive

- ✓ contribute to the club's aim of ensuring every member is safe and happy on every ride;
- ✓ not behave in any way which could bring the club, or the sport of cycling, into disrepute;
- ✓ support the ongoing success of the Club by volunteering to lead or assist in the organisation and facilitation of events;

Responsible & Fair

We are a responsible club that sets a good example for the wider cycling community

We understand individual actions and behaviour are key to safe and efficient group cycling

We are very mindful of our environmental impact and how we can influence, and are perceived by, the local community

We are progressive, open to new ideas and welcome change that improves the club

- ✓ read our [safeguarding policy](#) to understand how to recognise and report any safeguarding concerns relating to children and vulnerable adults;
- ✓ use all safety equipment required by the Club, or other relevant event organiser, including a well-fitting helmet conforming to a recognised standard which doesn't restrict your vision or hearing;
- ✓ not ride in a manner, or take any action, that would endanger you, other club members or road users;
- ✓ adhere to all relevant traffic regulations at all times;
- ✓ adhere to expected standards of etiquette when riding with others;
- ✓ offer feedback to others in good faith, and receive any feedback graciously;
- ✓ abide by any instructions given by a Ride Leader should the Club choose to appoint one.

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Young Members (Under 16)

1. Be yourself and accepting of others - we're all different, let's celebrate this!
2. Be respectful to others and take care of all equipment and our training spaces
3. Try your best, and encourage others to do the same
4. Listen to your coach; respect the rules and the decisions of officials
5. Speak to an adult you trust if you feel worried or concerned
6. Bring (and use) the correct kit to your sessions, plus food and drinks - ask a parent or guardian to help if needed
7. Remind an adult of your sessions or competitions, so you're on time
8. Do not wander off or leave a session without telling your coach
9. Do not vape, smoke or consume alcohol during coaching sessions or competitions or at any time when you're representing our Club
10. Enjoy yourself

Parents/Guardians and Supporters

Parents and guardians have an important role to play supporting our coaches and ensuring sessions are fun and safe for all.

We therefore encourage parents/guardians to attend every coaching session and ask that you:

- ✓ complete and return both a "rider Information" and "coaching consent" form before your child's first session and notify the club of any changes over time
- ✓ ensure that your child is registered in advance for all club sessions and appropriate fees paid
- ✓ inform the coach of any specific health requirements or medical conditions affecting your child
- ✓ advise the coach if your child has to leave early or is being collected by someone other than a parent/guardian or carer; please give full details of the arrangement
- ✓ remain on-site and present for the duration of all coaching sessions if your child is under 10 years old
- ✓ encourage your child to learn the rules and play within them
- ✓ take responsibility for the maintenance of your child's safety equipment and personal clothing.
- ✓ discourage unfair play and arguing with officials
- ✓ help your child to recognise good performance, not just results
- ✓ set a good example by recognising fair play and applauding the good performances of all
- ✓ never punish or abuse a child for losing or making mistakes
- ✓ publicly accept the decisions of coaches and officials and teach children to do likewise
- ✓ use correct and proper language at all times
- ✓ support all efforts to remove verbal and physical abuse from sporting activities
- ✓ respect the rights, dignity and worth of every young person
- ✓ immediately raise any safeguarding concerns to the Welfare Officer(s)

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Coaches, Volunteers, Leaders and Welfare Officers

Persons in a position of trust must be held to a higher standard than other members. This section therefore applies to all individuals associated with the Club who help others to achieve their goals through sport and physical activity, and everyone who is responsible for the planning, delivery or facilitation of cycling activities and for sustaining the welfare and engagement of any and all participants.

These individuals should, at all times:

- ✓ Provide a positive experience, appropriate to the age and developmental stage of the rider and respecting their long-term welfare and best interests;
- ✓ Promote the concept of a balanced lifestyle, supporting the wellbeing of the rider both in and out of cycling;
- ✓ Educate the riders as appropriate, including topics such as performance-enhancing and recreational drugs, adherence to the Highway Code, Rights of Access, ethics and fair play, and rules of competition;
- ✓ Maintain up to date knowledge and practice through a commitment to continuing professional development (CPD);
- ✓ Promote good practice in others and challenge any poor practice that they become aware of, reporting to British Cycling and other agencies if necessary; and
- ✓ Respect your position of trust and maintain appropriate boundaries and relationships with all participants, and particularly with those under the age of 18 years.