

Naas Cycling Club

Youth Member Charter & Rules

Club Youth Charter

ALL young cyclists are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity and respect
- Have a voice in the club
- Participate on an equal basis
- Have fun and enjoy sport
- Experience competition at a level at which they feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say No
- To protect their own bodies
- Confidentiality

Young cyclists should always:

- Treat cycling leaders with respect e.g. commissaries, marshals, coaches, managers, selectors, club officials mentors, youth leaders etc.
- Cycle fairly at all times
- Respect team members even when things go wrong
- Respect opponents and be gracious in defeat
- Abide by the rules set down by team managers, club officials when travelling to events
- Behave in a manner that avoids bringing cycling into disrepute
- Talk to youth officer if they have any problems
- Obey the rules of the road

Young cyclists should never:

- Cheat
- Use violence or physical contact
- Shout or argue with officials, team mates, opponents, commissaries, marshals etc
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another cyclist
- Use unfair or bullying tactics to gain advantage
- Keep secrets, especially if they can cause harm
- Tell lies about adults / young people
- Spread rumours
- Play or train if they feel unwell or injured

Cycling Activity Specific Rules

1. All youths must be a signed up member of Naas Cycling Club before they can cycle with NCC.
2. Must submit parental consent forms to the club.
3. All club youths and adult members must comply with Cycling Irelands Code of Practice Safeguarding Procedures for Youth and Vulnerable Cyclists.
4. Bikes must be appropriate for the group activity being undertaken e.g. racers for road cycling, mountain bikes for off road etc.
5. Time trial bars and Tri-bikes are not permitted on group spins.
6. Fixed wheels are not permitted on group spins.
7. Bikes must be well maintained, serviced and fit for purpose.
8. Helmets must be worn at all times.
9. Appropriate cycling clothing to be worn to meet the weather condition requirements from winter to summer e.g. gloves, leggings and long sleeves to be worn in winter.
10. All cyclists are required to carry liquids and food sufficient for the duration of the cycle.
11. All cyclists should carry spare tubes, tyre levers, a pump and utility tool on spins.
12. Respect leaders and fellow cyclists.
13. Rules of the road must be observed at all times.
14. Follow instructions and guidance of group leaders at all times.
15. Group leaders may ask cyclists not to cycle with the group if they consider there may be a health and safety risk to themselves or other cyclists per the rules outlined in this document.
16. All cyclists must observe group cycling rules:
 - Groups to cycling in formation two abreast.
 - Rollover anti clockwise on leaders instructions.
 - Rollovers to be undertaken in a steady manner.
 - Steady pace to be maintained on spins as much as is feasible.
 - No half wheeling.
 - No weaving or kicking back when getting out of the saddle.
 - Maintain a safe distance from the cyclist in front.
 - Keep an eye on the wheel in front and avoid panic in sudden situations.
 - Maintain a tight formation and no spreading across the road.
 - Riders on the front to call and signal all turns, potholes and hazards in a timely and clear manner.
 - No cycling off the front of the group or dropping cyclists off the back. Youth cyclists must remain within the supervision of leaders at all times.
 - Should a cyclist experience a puncture or mechanical failure he should immediately inform his fellow cyclists and bring the bike to a halt in as safe a manner as possible bearing in mind the safety of the cyclists behind them.
 - At least two adults must remain with the youth till the issue is resolved and the cyclists can rejoin the group or is safely returned home.
 - In the case of a crash, two adults must remain with the injured cyclists till handed over to appropriate medical services.
 - All accidents must be reported per club guidelines.
17. Parents are responsible for dropping off and collecting youth cyclists before and after all club spins.