

Guidance for members

Introduction

The aim of the club is to encourage a safe, supportive and enjoyable environment for the club's activities and the personal development of our members. This guide is intended to give information and advice.

Conduct

Nothing is as successful in encouraging people to take part in sport as a welcoming environment, a common sense implementation of guidance and a clear understanding of rules.

To help nurture a supportive club environment, guidance on the conduct of members, parents/carers, volunteer and supporters is available on the club website. This guidance has been developed by British Cycling and is a prerequisite for participation in their cycling development, coaching and competition programmes.

Insurance

Members participate in club activities at their own risk.

The club holds Third Party Liability Insurance through its affiliation to Scottish Cycling. Please note that this policy only indemnifies the club committee for club activities. This club's insurance does not include personal accident cover, liability for accidents caused by club members (e.g. if the club is sued for a member cycling into a dog walker), or damage to equipment

If you are not prepared to accept the risk and consequences arising from a serious accident, we recommend that you obtain appropriate insurance. Members are advised that public liability and personal accident insurance is available through British Cycling. Further information is available on their website: <http://www.britishcycling.org.uk> or contact the Club Secretary.

Safety

Cycling carries with it an inevitable element of risk. Mountain biking is a physical activity utilising many natural and man-made rock, root and dirt features. It's often muddy, slippery and unpredictable. Riding on the road involves interaction

with other, sometimes intolerant road users as well as variable road surfaces, bends and gradients. All have potential to cause injury or serious harm. Where possible, as a club we try to keep this risk to a minimum by ensuring coaches and ride leaders are fully qualified, proficient in first aid and knowledgeable on the local routes and terrain. However, it is ultimately the responsibility of the individual to ride safely and within the limits of their own abilities with equipment and clothing that's fit for purpose when participating in club cycling activities - if you're uncomfortable about trying something, don't do it!

Additional Safety information and advice is available on the club website.

Youth policy

The club has adopted the Scottish Cycling Child Protection Policy

Equipment

The use of an appropriate cycling helmet is compulsory when participating in club activities – and is strongly encouraged whenever members are cycling.

Always ensure that bikes are properly maintained, and carry a toolkit. While punctures and mechanicals can happen to everyone, a bit of preparation and TLC to the bike will go a long way to minimising them, so:

- Check wheels, rims, steering and suspension (MTB) are working properly and ensure that nothing is loose or liable to fall off.
- Keep your drive train clean and well lubed. This will help the gears work properly and make everything last that little bit longer
- Check your tyres and their pressures. Make sure you know how to fix a puncture and have the kit to do so – pump, tyre levers and at least one inner tube.
- Check brake pads regularly.

When participating in rides please bring a snack and drink and appropriate spare clothing, including a waterproof and a warm layer. Tailor your kit to the ride you're undertaking. If in doubt, ask the ride organiser what they think you'll need.

It is often the travel to and from rides that poses the greatest risk to cyclists. If doing so by bike, ensure that lights are appropriate for road use and wear reflective clothing. If travelling by vehicle, ensure that bikes are securely

fastened in or on the vehicle, and that the vehicle lights and number plates are not obscured.

Organised Club coaching sessions for Juniors

A Junior Member may participate in a club activity only when a parental consent form has been provided by the parent/carer.

It is a requirement that all coaching sessions are booked in advance. This is necessary to ensure that the coaches have the opportunity to assess, plan and implement appropriate safety measures for those who are attending. The numbers that can be accommodated in any particular events may also be restricted for safety reasons. We may therefore not be able to accommodate every member that wants to attend any particular coaching session

Communications

The club has a website at www.eastsutherlandwheelers.org.uk and a Facebook page at <https://www.facebook.com/East-Sutherland-Wheelers-179212205456864/>

Members can also join a closed Facebook group, which allows them to interact with others and share information on club activities and informal rides. <https://www.facebook.com/groups/1354354824590092/>

Planning to do mountain bike racing, time trialling, road racing, cyclocross?

The club has a programme of events which are advertised on the website and social media pages. Contact club secretary for more information