

Insch Cycling Club

CODE OF CONDUCT



1 Objective

The Code of Conduct is devised for the safety and benefit of the Insch Cycling Club ('the Club') and its members. We are committed to creating an environment that promotes the enjoyment and enthusiasm of every individual within our club through a safe and positive environment. We want to support our individuals to base their conduct on a sense of personal integrity; based on the acceptance of rules, fairness, equality, respect for others and a sense of what is right; where major rule infringements are automatically rejected as being not part of the sport of cycling.

The Club provides a variety of club rides, that include Introductory rides, club rides arranged by group, and a confined TT series. Details of activities can be found on the club website www.inschcc.co.uk

2 Guiding Principles

Club rides and activities are for the enjoyment of all members. When participating in club rides, we will:

- 2.1 Act in a manner that represents the Club in a positive way
- 2.2 Respect our fellow club members
- 2.3 Respect guests and volunteers
- 2.4 Respect other members of the public
- 2.5 Follow the rules of the road, countryside, and highway code
- 2.6 Ride with courtesy, discipline and good communication

Riders are responsible for their own safety and well being.

3 Child Protection Policy

Insch Cycling Club members must be aged 18 and over only.

- 3.1 Participants in group rides shall be aged 18 and over only.
- 3.2 Should any club member who is a parent or guardian, cycle with their child, then their activity will not be considered part of a club ride.

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4 Group Rides

Club rides are organised in groups based on expected pace and distance for those wishing to participate, but unless stated otherwise are intended to be informal and social.

Ride details, including date, time, meet point, route, and group(s) pace will be posted in advance for sign up. Where possible, rides will be scenic and try to avoid main roads, although short distances on main roads, between points on the route, are to be expected occasionally.

Riders and groups should follow the guidelines below:

- 4.1 On busier roads, groups should try to maintain close riding formation.
- 4.2 Riders should stay no more than two abreast.
- 4.3 On narrower and single track roads, riders should change to single file when necessary.
- 4.4 Where a vehicle has been behind the group longer than usual, and passing may present a danger, the group should stop, if and when safe to do so, and allow the vehicle to pass.
- 4.5 Groups should not drop other riders, although if groups become stretched or split, for example on longer climbs, then it is expected to wait at the top and re-group.
- 4.6 The club does not have an expectation on 'taking turns at the front' but encourages riders to rotate positions within the group, as the ride pace and comfort dictates.
- 4.7 During the ride, communication and signals shall be used, for the safety of the group and others. These shall include, but not be limited to:
 - 4.7.1 Front riders pointing out road condition hazards, such as potholes, gravel/rough surface, parked cars, animals, pedestrians or any obstacles or other obstructions. Hazards will be pointed to and where necessary, followed with a verbal alert.
 - 4.7.2 Front riders alerting those behind to oncoming vehicles, especially on narrow or single track roads. "Car ahead" or "Nose", are usual verbal alerts.
 - 4.7.3 Rear riders alerting those in front to vehicles approaching from behind. "Car back" or "Tail", are usual verbal alerts.
 - 4.7.4 Using hand signals to indicate direction changes.
 - 4.7.5 Indicating junctions are safe with no approaching vehicles before crossing. "Clear" or "No" are the usual verbal alerts.

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5 Equipment

- 5.1 Helmets are mandatory for all club rides
- 5.2 Rear lights are recommended for all club rides.
- 5.3 Front and rear lights should be used when conditions dictate, and should be considered mandatory after daylight.
- 5.4 Mudguards are encouraged when roads are wet, or rain is expected during the ride. In addition to protecting your bike, the use of mudguards is considerate for anyone directly behind you in the group.
- 5.5 Riders should be aware of the expected weather conditions, and the sometimes unpredictable nature of the weather, especially on longer rides. Riders should wear clothing suitable for the conditions and carry extra layers/warmers when required.
- 5.6 The Club are keen to include coffee and cake stops on route and these will be indicated at the time of ride posting. However, riders should still carry sufficient fluids and food for the expected route/distance.
- 5.7 It is recommended to carry a mobile phone, and have 'ICE' function (In Case of Emergency) set-up and activated. For example:
<https://www.wikihow.com/Add-Emergency-Contacts-and-Information-to-Android>
<https://support.apple.com/en-gb/HT208076>

6 Mechanical Issues

- 6.1 Riders participating in Club rides are expected to turn up with bike in good and well maintained condition.
- 6.2 It is expected that riders will carry bike spares and tools for basic road side repairs. Minimum recommended would include inner tube, tyre levers, pump and/or CO2. Additional recommendations would include Allen keys/MultiTool, chain tool, quick links, tie-wraps.
- 6.3 Should a mechanical issue occur, then riders are responsible for their own bike, however where assistance can be provided by other members, and is welcome, then it is encouraged.
- 6.4 Under normal circumstances, no rider will be left alone in the event that a mechanical issue prevents the rider from continuing. However if deemed necessary, for example when there is no other option, then a system of communication should be agreed, and the safe return home of the rider must be acknowledged by the ride organiser or at least one designated person in the group.

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7 Accidents and Injuries

- 7.1 The Club does not provide first aid cover, medical support or personal insurance for riders. In the event of an incident the leader or group will do all they can to assist a rider who has suffered an injury.
- 7.2 Riders are expected to make others aware of any existing conditions that may require special care in the event of an injury, or to inform emergency services. In such cases, carrying a medical card or wearing a medical bracelet or pendant is suggested.

8 Travelling to and From Rides

- 8.1 Club rides usually meet and finish in Insch. It is responsibility of participants to travel to and from the ride meet point.
- 8.2 Should an incident occur while travelling to a ride that will affect arrival time, then it is the responsibility of the rider to inform the organiser of the ride.
- 8.3 Individual travel plans for rides arranged outwith the area will be arranged on a case by case basis between the riders who have agreed to attend. The club does not take responsibility for travel to and from such rides.

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