

VALLEY STRIDERS CYCLING CLUB SAFETY GUIDELINES

Valley Striders Cycling Club is committed to encouraging participation in cycling of all ages. The provision which we offer for junior (<12 years), youth cyclists (12-15 years) and young adult cyclists (16-17 years) are different and are summarised below:

1. JUNIOR CYCLISTS (up to age 11 years)

We consider “Junior Cyclists” to be those at junior school, so below the age of 12. The club will act as an information source only for junior cyclists, providing relevant information about opportunities such as the following:

1. other clubs’ training sessions which may be appropriate
2. sportives and organised events which are family friendly in that they encourage participation by cyclists who are below 18.
3. bike handling skills training
4. races such as grass track, cyclocross or multi-sports.

We are unable to accommodate junior cyclists on VSCC organised rides. On occasion however we may organise “junior cyclist friendly” events. These will be clearly communicated and will typically be family focussed to encourage younger riders to get on their bikes and to take part in longer road rides.

2. YOUTH CYCLISTS (aged 12-15 years)

We consider “Youth Cyclists” to be those at secondary school, so aged 12 or older. The club actively encourages participation from youth cyclists in club rides and will offer informal encouragement, support and direction to help develop appropriate skills and experience for whatever type of road cycling they desire to pursue. The rules for participate by youth cyclists are:

1. Youth cyclists must be accompanied and supervised by a ride-guardian on all rides.
2. A ride-guardian for a youth cyclist may be appointed with written consent of the parent/legal guardian using form XXX which can be found in XXXX and must be submitted to the ride leader prior to the ride commencing
3. VSCC are not able to offer formal ride-guardian services to youth cyclists, and all arrangements for supervision must be agreed between the youth cyclist’s parent/guardian and their nominated ride-guardian.
4. Ride-guardians may be the youth cyclists parent, guardian or friend and must be 21 or older.
 - the ratio of ride-guardian to youth cyclist must be a maximum of 2 youth cyclists to every 1 ride-guardian
5. In the event of a youth cyclist requiring to break away from a VSCC ride (due to such things as tiredness, inability to maintain the pace of the group, bicycle mechanical problem, accident) it will be the sole responsibility of their ride-guardian to ensure the appropriate actions are taken to remedy the situation.
6. Where a ride-guardian is responsible for more than 1 youth cyclist, they will remain responsible for both of their youth cyclists and ensure they all remain safe and together with the group throughout the ride. If 1 youth cyclist or their ride-guardian needs to break away from the group, then both of the youth cyclists with their ride-guardian will also need to.
7. VSCC ride leaders will seek to incorporate the youth cyclist in to the group ride, but will not be obliged to make special provisions to cater for their needs, as they will remain responsible for the entire group of cyclists. There is no limitation on the ride that the youth

cyclist can join, provided they have the ability to keep up and display the appropriate behaviours to engender the trust of the ride leader.

8. The youth cyclist and their ride-guardian are accompanying the VSCC organised ride, but unlike a situation where an adult rider requires remedial action or support, in the case of the youth cyclist that remedial action remains the sole responsibility of the ride-guardian. In such an event, it is anticipated that the VSCC ride group will continue on its ride leaving the ride-guardian and youth cyclist to return home by their own means.
9. Additionally, if whilst on a VSCC organised ride, the Ride Leader considers the youth cyclist to be in need of remedial action or support to continue on VSCC rides, that support and action is the responsibility of the youth cyclist ride-guardian. This recommendation would normally be made at the end of a ride, however if the ride-leader feels that any dynamic situation is jeopardising the safety of the group or any of its riders, the youth cyclist and his ride guardian may be asked to leave the ride and return home by their own means. The ride leader will inform the Junior Section Officer so contact or assistance can be offered

3. YOUNG ADULT CYCLISTS (aged 16-17 years)

We consider “Young Adult Cyclists” to be those aged 16 or 17. The club actively encourages participation from young adult cyclists in club rides and will offer informal encouragement, support and direction to help develop appropriate skills and experience for whatever type of road cycling they desire to pursue. The rules for participate by young adult cyclists are:

1. Participation in at least 2 VSCC organised rides with different ride leaders.
2. Written permission from their parent or legal guardian using the “ Parental Consent Form” which can be found in files section of the VSCC FB page and must be submitted to the ride leader prior to their first unaccompanied ride.

*On this form the parent/guardian will be required to state the dates and ride leaders who have witnessed the young adult cyclist on their ride, in order for them to be able to offer a reference that the young adult cyclist is, in their opinion, suitable to ride unaccompanied on an organised ride.

Once the form is accepted by VSCC and logged centrally on the Valley Striders Dropbox, the young adult riders will be able to participate in rides and treated as adults. It is therefore the responsibility of the parent/guardian to consider whether their young adult cyclist is able to safely join an adult activity unsupervised.

VERSION CONTROL

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