



### RIDERS (Members) CODE OF CONDUCT

As a member of the club you are expected to abide by the following code:

- Arrive for training and competition in good time to prepare properly
- Members must wear suitable kit (including a helmet) and clothing for training, as agreed with the coach/team manager
- Always warm up and cool down properly
- All members must ride within the rules and respect officials and their decisions
- Be a good sport. Applaud all good rides whether they are made by your club or the opposition
- All members must control their temper. Verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent are not acceptable or permitted behaviours in any sport
- Work equally hard for yourself and your club. Your club's performance will benefit, and so will you
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Members must pay any fees for training or events promptly
- Youth / Junior members are not allowed to smoke on club premises or whilst representing the club at competitions
- Youth /Junior members are not allowed to consume alcohol or drugs of any kind on the club's premises or whilst representing the club
- Treat all participants in cycling as you like to be treated. Do not bully or take unfair advantage of another competitor
- Cooperate with your coach, club-mates and opponents. Without them there would be no competition
- Thank officials and opponents after competition