

# Code of Conduct for Young People

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

I will:

* Arrive for training and competition in good time to prepare properly
* Arrive at training and competition with a properly maintained bike
* Bring enough food and fluids to complete any cycling activity session
* Wear suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach or trail cycle leader
* Bring an inner-tube, levers & pump and/or CO2 canister & basic multi-tool for all cycling activity sessions
* Warm up and cool down properly on all occasions
* Ride within the rules and respect officials and all their decisions
* Be a good sport by applauding all good performances, whether they are made by my club or the opposition
* Control my temper – verbal abuse of officials and other riders, or deliberately distracting/ provoking an opponent is not acceptable or permitted behaviour in any sport
* Work equally hard for myself and my club – remember, the club’s performance will benefit and so will I
* Respect the rights, dignity and worth of all participants, regardless of their gender, ability, disability, cultural background or religion
* Pay any fees promptly
* Abide by the rule that junior members are not allowed to smoke, consume alcohol or take drugs of any kind other than those prescribed by a doctor and sanctioned by the club officials when taking part in club activities or representing the club
* Abide by the rule that performance enhancing drugs are not tolerated by the club
* Treat all participants in cycling as I would like to be treated – not bullying or taking unfair advantage of another participant
* Cooperate with my club coach, club mates and opponents – remember, without them there would be no competition
* Thank officials and opponents after competition.