



Droitwich Cycling Club

Notes for Parents Providing Consent for Young Riders to partake in Club Group Rides

Written approval is required for all children under the age of 18 taking part in club runs. In addition to this written permission children under 14 must be accompanied by a parent / guardian or other responsible adult such as a club coach, welfare officer or U18's group ride volunteer.

Despite the popularity of cycling as a healthy and sociable activity it can be hazardous, especially when riding in a group. The combination of speed, hard surfaces and limited protection means that injuries are not uncommon. Many children will have ridden bikes for some time and will have acquired a high skill level but may not be used to cycling on the open road in groups where certain safety issues arise which you should be aware of.

Occasionally on public roads hazards arise due to circumstances such as:-

- Obstructions such as, potholes, branches, stones, etc.
- Sudden braking by other riders arising from the above.
- Poor road surfaces, wet road surfaces, ice, grit.

If you feel that your child may have a problem with the above it is recommended that you consult one of the club committee members or welfare officers.

Although every endeavour is made to ride on quiet roads there will be occasions when this is not possible and the club run will be riding along and crossing main highways used by fast moving traffic. On rides, a variety of terrain will be encountered, with inclines, descents and sharp corners where visibility is restricted and where there is danger from oncoming traffic.

The Club Membership Card with details of a telephone number, which can be used in an emergency, must be carried. A mobile telephone with a battery charged and with credit must be carried. A properly fitted certified helmet must be worn at all times. A simple set of tools and the means to repair a puncture should be carried.

Adverse weather may affect the ride and your child should be prepared for this by wearing suitable clothing particularly on cold mornings when thermal layers, gloves and warm hat under a helmet are mandatory and a fully charged rear light is essential; a waterproof jacket should be carried on all club runs.

The leaders of club runs are given guidance on the care of young people and this is published on the club website. Parents should note that in the event of their child being unable to continue the ride, for whatever reason, it is not the responsibility of the ride leader but of the parent, without exception, to arrange for the child to be collected.

The club organises rides at various levels. Selecting the level to suit your child's capabilities is not always easy but you can be certain that the ride leaders or DCC Committee are very happy to advise you.