



Droitwich Cycling Club **Under 18s Club Road Riding Policy**

Droitwich Cycling Club (DCC) offers the opportunity for young riders, 12 years and over, to join in with a number of club rides and activities that are designed to promote safe riding skills and enhance their membership of the club. Dependent on the activity, this will enable young riders to ride with their peers or ride with older cyclists on club rides.

The club hopes that by implementing some guidelines and parameters on youth riding, we can mitigate the risks as much as possible.

All riders must follow the Highway Code at all times when riding with DCC.

This includes:

- Riding no more than two abreast
- Riding in single file to allow traffic to pass on narrow roads
- Obeying traffic lights and signs,
- Not riding on pavements
- Respecting other road users.

For safety:

- Always wears an Helmet when cycling with the club
- Always have contact details on their person during rides i.e. mobile phone app, or noted on paper

Every rider under 18 must have lodged a completed parental consent form (available on the Droitwich Cycling Club webpage) with DCC via the Welfare Officer email address:

Welfareofficer@droitwichcyclingclub.co.uk

Activities available for young riders - 12 years and up

(The ages are a guide, ability and maturity are the greatest factors)

Under 12 years:

- Traffic Free Environment Sessions (Coaching, Practice, Fun), Roller Racing, Social Activities and Family/Selected Club Rides under the responsibility of their parents or an adult appointed by their parent.
- Club TT – under 12's may enter on the rear of a tandem with an adult.

12 – 16 years:

- Traffic Free Environment Sessions (Coaching, Practice, and Fun) Roller Racing, Social Activities, Independently on Youth Rides dependent on ability
- Club Rides (riders under the age of 14 must be accompanied by an appropriate adult, approved riders only 14 years and above, see below)
- Club TT

16 years and above:

- Riders are able to join all activities, however must log a consent form with the club and choose activities that are within their ability.



Rides Available for Riders aged 12 to 18 years

All riders to be able to ride to level 2 (see note 1 below)

Development Rides (stepping stone to the Progressive Rides)

These are aimed at riders who are starting to ride on the roads independently, and are looking to develop their skills, distance and confidence. The rides must be led by at least 2 adults; parents are welcome to accompany their children till they are confident. Rides can be classified as steady or swifter dependent on attendees. To join these rides riders must be able to ride at the level described in note 1 below.

Progression Rides

These rides are aimed at riders who have progressed from the development rides or other training and want to develop their riding skills in preparation for joining in with more challenging rides e.g. the adult training rides. Young riders will be accompanied by experienced club riders who are knowledgeable of the local roads and have ability to inspire youth riders by example. There should be a minimum of two adults on these rides.

Club Group Rides (14-18 years) (or age 12 - 14 if accompanied by a parent and able to ride the pace)

Criteria for Joining Club Rides (see note 2 below - information for mentors, parents and riders)

- Rider is approved by the club to join club rides. This is in discussion with the youth mentors, youth co-coordinator and parents.
- Age 14 years to 18
- Has parental consent
- Has a history of riding with the youth ride or other recognised environments.
- Has the ability to ride the distance and pace as described on the advertised ride
- Has the consent of the leader to join the ride. Preferably agreed in advance if the rider is new to the group
- Has agreed to ride with a mentor/U18 ride volunteer, who will take responsibility for the young person during the ride

The Chain Gang – 16 years and above or with dispensation (see note 3 below)

The chain gang is a fast and challenging environment and only riders who have established riding and road skills should join. Parents should understand the concept of a chain gang and be familiar with the roads and the associated risks of riding with a chain gang prior to consenting for their child to join.

Club Time Trials

DCC is affiliated with Cycling Time Trials (CTT) the minimum age for Time Trial competitors is 12 years.

It is essential that competitors under 18 know the law and the Highway Code, and are competent to ride on public roads alone. They must have the authorisation of their parent/guardian to compete and in addition to completing a DCC parental consent form, parents must also complete and sign the relevant CTT Parental Consent Forms for either Club or Open events which can be found on the CTT website via the below link:

<https://www.cyclingtimetrials.org.uk/documents/index/guardians>



Prior to the event it is important to consider if the rider is competent to ride on busy main roads and a good way to start is by doing the ride as a 2UP, (2 riders riding together one following the wheel of the other).

Under 12's can ride the rear of a tandem with an adult.

The club has a number of very experienced Time Trialist's who are always happy to advise or ride as a 2UP for first attempt.

Notes

Note 1 : Level 2 Cycle Training Standard requires riders to:

- start and finish an on-road journey (long endurance)
- observe the environment and factors that may affect their riding
- signal their intentions to other road users and group club riders
- ride on the correct part of the road they are riding
- pass side roads, parked or slower moving vehicles, pedestrians and horses
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (e.g.at roundabouts)
- demonstrate a basic understanding of the Highway Code.
- have mastered group riding skills, understanding how to follow a wheel, avoid half-wheeling

Note 2 : Information for Club Rides - Information for Parents and Riders

It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where young riders can enjoy developing their cycling skills.

- In case of emergencies parents/guardians must be available and contactable during the ride.
- Young riders are expected to remain in the group from beginning to end; they will either return to the start of the ride or will have informed the ride leader if they plan to leave the ride at an earlier stage. It will only be agreed for a young rider to leave a ride at an earlier stage following communication with parent/guardian/appropriate adult.
- It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride.
- All riders must wear a cycling helmet and carry a drink, snack, money, mobile phone, spare inner tube and puncture repair kit and small pump. They must be dressed appropriately for the conditions and any expected changes in weather.
- The club recommends that all youth riders at this level have British Cycling have Silver Level Insurance or equivalent.
- Continued participation in the rides may be subject to review based on ability and behavior on previous rides



Note 3 : Chain Gang Rationales

The club has an additional duty of care for club members under 18 especially when riding on the road, consequently any Chain gang ride route involving youth members needs to be risk assessed.

Also under 16's cannot race on the open road and the Chain gang is as near to racing as club activities get but without the benefit of traffic management, lead cars, following cars, warning signs, marshals etc

Instead we recommend potential alternative options:

- Circuit training sessions currently held at circuits
- Youth specific faster rides

Criteria for joining the chain gang

- Must be aged 16 and over
- Be able to demonstrate a history of cycling experience within the club i.e. youth rides
- Rides out alone or with peers on similar roads regularly.
- Has the ability to ride at 17 mph and above for a prolonged period or the pace described in the published information.
- Able to self-rescue in the event of a puncture or other minor mechanical issue
- MUST have current British Cycling Silver Insurance or equivalent.

Exceptions -

Dispensation from the above criteria may be granted to riders who have gained exceptional experience. Exceptions may be made for 15 year olds if the following criteria are met:

- 1) Has regularly participated in faster youth rides
- 2) Races for the club & is planning to road race
- 3) Takes part in club A or B group rides successfully
- 4) Has been deemed by ride leaders and/or regional BC coaches to be too advanced for the faster youth rides.

They then could be included in the first / second chain gang group by special arrangement with the committee & chain gang cyclists with enhanced parental consent.

Parents who ride with their children who fit any of the above criteria should also complete the DCC parental consent form

Information for Mentors/Ride Leaders/U18 Ride Volunteers

NB: U18 Ride Volunteers are adult volunteers supporting U18 rides; these are not U18 riders.

What does responsibility mean?

If a young person is on a club ride without a parent, the adults on the ride should take collective responsibility to ensure that the young rider remains safe and gets back to Droitwich at the end of the ride. This is in keeping with the ethos of the club ride.

However, sometimes it will be appropriate to have a ride mentor/U18 ride volunteer who agrees to ensure that the young person remains safe on the ride.

This would include:



- Staying with them if they get dropped or have a mechanical problem
- Assisting with any mechanical problems
- Making sure they have sufficient food and drink
- Making sure they get back to the ride finish point

The mentor/U18 ride volunteer should not be the ride leader. If a young person is new to the group, it is preferable to have a mentor/U18 ride volunteer arranged in advance to support the young person until they become more confident and stronger and develop the appropriate skills for riding in the group. At that time, it may be appropriate for the group to take collective responsibility and this would be at the discretion of the ride leader.

Managing Inappropriate Behaviour

In the event of any inappropriate behaviour on rides from fellow riders or the public it is essential that young riders feel confident to discuss this with their parents and report this to Droitwich Cycling Club welfare officers.