



Otle Cycle Club - Members Rules and Recommendations:

- All riders should understand the Highway Code requirements for cyclists: - <https://www.gov.uk/highway-code> and apply its principles where appropriate.
- All riders are responsible for their own wellbeing during a club ride and should be prepared for situations such as adverse weather conditions, poor light and mechanical problems.
- Otle Cycle Club recommends that ALL MEMBERS carry emergency contact details (ICE) with them at all times when involved in any club activity/ride. Please complete the emergency contact details and medical information section on your membership card and this can then be carried with you on all club activities. We also recommend ID bracelets, carrying your BC membership card and storing ICE details in an unlocked mobile phone. FOR MORE INFORMATION ABOUT CONSENT AND EMERGENCY CONTACT INFORMATION PROCEDURES PLEASE SEE THE CONSENT AND EMERGENCY CONTACT DETAILS POLICY ON THE CLUB WEBSITE.
- All riders should ensure their bike is mechanically sound and safe for use.
- All junior riders (under 18) MUST wear a helmet, it is recommended for all others.
- All members will uphold the clubs equality policy. Discriminatory behaviour and language on grounds of race, cultural background, sex, gender or sexual orientation is not acceptable.
- All members have a duty of care to each other and particularly children and vulnerable adults and agree to abide by the clubs safeguarding of children and vulnerable adults policies and protocols.
- All unaccompanied riders under 18 must provide a signed parental consent form to the ride leader in order to participate in club rides.
- All members are required to volunteer some of their time periodically to help run club events and activities over the course of the membership year – all types of contributions are valued.
- We're a fair play club and we don't tolerate doping, or prohibited drug use.
- Membership lasts for 12 months from the date of joining – there is no refund if a member resigns from the club mid year.
- We try to follow the British Cycling Best Practice Guidelines, (http://www.britishcycling.org.uk/zuvvi/media/bc_files/membership/BEST_PRACTICE_GUIDE_LINES.pdf) however, these are guidelines not rules, so you are welcome to ride with us even if you don't meet all the guidelines e.g. if you are over 18 and don't wish to wear a helmet, but you do so at your own risk, not the club's.
- By applying for membership I am aware that I am agreeing to comply with Otle Cycle Club policies, procedures and codes of practice. I understand that the information about me will be held on a computerised system and do not object to this.