



Code of Conduct for Parents/Carers and Other Supporters

Hitchin Nomads Cycling Club

As a parent/ carer of a member of the club (or participant in one of its events) you are expected to abide by our Code of Conduct by:

- Informing the coach of any specific health requirements or medical conditions of your child in advance of the coaching session by completion of a Club Membership form or a Parental Consent form
- Advising the coach if your child has to leave early or is being collected by someone other than a parent/ carer, giving details of the arrangement including who will be collecting your child, when and at what time
- Encouraging your child to learn the rules and play within them
- Providing suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach or officials
- Ensuring your that your child's personal equipment and bicycle are well maintained and in working order and that adequate spares such as inner tubes, tyre levers, lights etc are carried
- Discouraging unfair play and arguing with officials
- Helping your child to recognise good performance, not just results
- Setting a good example by recognising fair play and applauding the good performances of all
- Never punishing or abusing a child for losing or making mistakes
- Publicly accepting officials' judgments and teaching children to do likewise
- Supporting your child's involvement and help them to enjoy their sport
- Using correct and proper language at all times
- Remembering that children participate in sport for their enjoyment, not yours
- Supporting all efforts to remove verbal and physical abuse from sporting activities
- Respecting the rights, dignity and worth of every young person regardless of their gender, ability, disability, cultural background or religion
- Showing appreciation and respect for coaches, officials and administrators.
Remember, without them, your child could not participate



Code of Conduct for Adult Members

Hitchin Nomads Cycling Club

As a member of the club you are expected to abide by our Code of Conduct by:

- Arriving for training and competition in good time to prepare properly
- Ensuring your that your personal equipment and bicycle are well maintained and in working order and that adequate spares such as inner tubes, tyre levers, lights etc are carried
- Taking responsibility for learning routes or courses on which you are riding
- Wearing suitable kit (including a helmet where mandated) and clothing for all cycling activity sessions, as agreed with the coach or officials
- Warming up and cooling down properly on all occasions
- Playing within the rules and respecting officials and all their decisions
- Being a good sport by applauding all good performances, whether they are made by your club or the opposition
- Controlling your temper. Verbal abuse of officials and other riders, or deliberately distracting/ provoking an opponent is not acceptable or permitted behaviour in any sport
- Working equally hard for yourself and your club. Remember, your club's performance will benefit and so will you
- Respecting the rights, dignity and worth of all participants regardless of their gender, ability, disability, cultural background or religion
- Paying any fees promptly
- Abiding by the rule that members are not to use banned or controlled substances other than medication prescribed by a Doctor
- Treating all participants in cycling as you like to be treated - not bullying or taking unfair advantage of another participant
- Co-operating with your coach, club-mates and opponents. Remember, without them there would be no competition
- Thanking officials and opponents after competition