

Dumfries Cycling Club Youth Policy

1. Introduction

Dumfries Cycling Club (DCC) Committee has recognised the need for a participation policy for young people taking part in DCC organised activities. This policy does not apply to sporting competitions which are covered by the regulations of the relevant governing bodies. It is particularly aimed at events such as club runs, coaching sessions etc

A complete code of good practice "Policy and Procedures for the Protection of Children and Vulnerable Adults" has been written by British Cycling, the governing body for cycle sport in the UK (available on the British Cycling website) and will apply to all DCC cycle events including young people. However, the code is general in nature and this document sets out a DCC Youth Policy that specifies how young people can participate in our activities. The policies below have been created not to stop children participating, but to give a framework to support both them and activity leaders, coaches and other volunteers.

Nothing is as successful in encouraging children to take part in sport as encouragement, a welcoming environment and a common sense implementation of guidance, not the rigid enforcement of rules. It is hoped this policy will be implemented in this spirit. As already defined in the British Cycling publication *Policy and Procedures for the Protection of Children and Vulnerable Adults*, "Anyone under the age of 18 is considered to be a child/young person. All policies and procedures described refer to vulnerable adults as well as children. The term parent is used as a generic term to represent parents, carers and guardians".

2. Welcoming young people

Many senior members are concerned by the prospect of unaccompanied young people on their rides, especially the risk that they may not be able to keep up. There are also concerns about potential liability.

This guide sets out a set of commonsense rules which should make it easier for the Club to cater for unaccompanied young people without fear of liability.

3. Participation by young people in 'open age' activities.

These are in principle open activities for all ages and therefore should aspire to general aspects of good practice. Any participant has a right to expect a quality, well run, supportive experience regardless of age. This includes the DCC regular weekly and rides.

Activities that are supportive, well run, apply common sense and have the best interests of the participant at heart are unlikely to attract complaints, let alone claims.

However it must be recognised by activity leaders, participants and their parents that these rides are public events for all ages and the duty of care that can be provided is only at a level of good practice for all ages. Child protection procedures

are therefore only advisory and represent good practice. Volunteers leading activities which have regular child participation, even if accompanied by parents, are encouraged to familiarise themselves with 'Policy and Procedures for the Protection of Children and Vulnerable Adults'

In detail for Dumfries Cycling Club (DCC): -

1. A young person **under 15** may participate in a DCC open age activity only if a current member of DCC and **accompanied by a parent**.

2. A young person aged from **15 to 17** may participate in a DCC open age activity only if a current member of DCC and is either: -

- accompanied by a parent;
- accompanied by a responsible adult acting in loco parentis who produces a signed DCC parental consent form;
- unaccompanied but has permission through a signed DCC Parental Consent Form and will then be accompanied at all times by at least two Dumfries Cycling Club members.

Note 1: For a young person to be a member of DCC, a completed Application for Membership Form is required.

Note 2: Parents can give permission for their son/daughter to attend a series of club activities by completing the DCC Parental Consent Form.

Note 3: All young persons **must** wear a helmet on DCC organised events.

4. Participation in activities specifically organised for young people.

An activity specifically organised for young people, where the volunteer takes a duty of care over minors, clearly falls within the scope of the Children's Act. The volunteer should: -

- complete a Scottish Cycling 'Self Declaration Form' (copy available on British Cycling website);
- be aware of the content of the British Cycling *Policy and Procedures for the Protection of Children and Vulnerable Adults* and *DCC Youth Polic*;
- have a criminal records check i.e. Disclosure (can be arranged through Scottish Cycling or form obtained at any Police station);
- accept the duty of care for participating young people in a friendly way The self declaration form provided by Scottish Cycling is the first stage of a records checking process and must be completed by the volunteer. This gives permission for Scottish Cycling to obtain the necessary checks as required, and provides the initial information needed to accept an activity provider.

Information Sheet for Parents about Dumfries Cycling Club bike runs suitable for Young People

The following information gives an idea of how to prepare for our Saturday rides and what they entail. More detail can be found on our website at www.dumfriescc.btck.co.uk

0930 hrs Saturday Road Run - an introductory run for riders interested in joining Dumfries Cycling Club and are new to group riding. Note that this is not a "novice" run as such, as some cycling experience is required. If you can ride for around two hours (speed averaging about 16mph) then you should be fine on this run. At least two riders will remain with you, so don't worry about being left behind at any point. The main purpose of this run is to help you get used to riding close to other cyclists and to develop group riding skills such as being able to "hold a wheel" (i.e. stay in the slipstream of the rider in front of you) and ride in a chain gang. You'll be amazed at how much faster you can travel in a group once you develop these skills. The run is usually around 40+ miles on the country roads around Dumfries.

Kit List for Road Runs :

- At least one, but preferably two, spare inner tubes;
- A working pump;
- Puncture repair kit - for those awful days when two tubes aren't enough.
- 2/3 tyre levers;
- A multi tool – to adjust gears etc;
- Other optional tools e.g. chain breaker;
- Even in winter hydration is important so each rider should carry a filled water bottle, many riders use an pre mixed energy drink;
- Personal first aid - plasters, antiseptic wipes etc;
- Some food e.g. energy bars, bananas etc, that can be carried easily in rear pocket;
- Scottish weather is unpredictable all the year round so it's always advisable to carry a waterproof cycling jacket;
- **Helmet (compulsory);**
- While punctures and mechanicals can happen to everyone, a bit of preparation and TLC to the bike will go a long way to minimising them, so ensure the bike is regularly serviced paying particular attention to the tyres and brakes.
- A mobile phone if available – for those awful days when everything breaks down and a lift home is required.