

Code of Conduct for Adult Members

Chelmer Cycling Club is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, coaches, volunteers and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with **Chris Holmes Welfare Officer and/or Russell Tribley, Head Coach/ Welfare Officer**

As a member of **Chelmer Cycling Club**, which is affiliated to British Cycling, you represent Chelmer Cycling Club and are expected to behave in a way that demonstrates respect for other members and the general public.

A summary of the core principles that members should adopt are listed below.

- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Members should recognise the valuable contribution made by coaches and officials who are usually volunteers. They give their time and resources to provide advice, coaching and organised group rides for you.
- All members should be a positive role model, treat other members with the same level of respect you would expect to be shown to you.
- Use correct and proper language at all times.
- For the safety and benefit of the club and its members, riders must adhere to the Highway Code and act in a respectful manner to fellow club members, other cyclists and road users at all times.
- On organised club rides members should be encouraged to wear club kit, wear a helmet, ride a well-maintained bike and carry spares.
- Any act of Abuse, Harassment or Bullying against any other club member or other road users will not be tolerated.
- Encourage everyone to enjoy the sport of cycling and understand that people have different motivations for taking part.
- Members who take part in group rides are strongly encouraged to have insurance. This can be purchased via British Cycling or Cycling UK.