

# KJCC Expectations for cyclists and the club



These guidelines are to help ensure we all enjoy the sessions we run and that we remain safe in them. Please respect these and the other participants who attend.

To help us run the sessions effectively, safely, and on time - your attendance is subject to the following rules:

## You agree to:

- ✓ Arrive ready with your bike ready to ride
- ✓ Behave and listen to all instructions from the coach
- ✓ Never use bad and hurtful language
- ✓ Not bully or use rough play
- ✓ Keep yourselves and others safe
- ✓ Report risky situations to the coach
- ✓ Play fairly, not cheat and be gracious in defeat
- ✓ Include all participants regardless of their gender, ability, disability, cultural background or religion
- ✓ Thank coaches, volunteers and helpers

## As a participant you have the right to:

- ✓ Be safe
- ✓ Be listened to and respected
- ✓ Enjoy your cycling in a protective environment
- ✓ Be protected from abuse by an rider/coach/helper
- ✓ Participate on an equal basis within your ability
- ✓ Experience competition and the desire to win
- ✓ Be believed
- ✓ Ask for help

## Parents agree to:

- ✓ Ensure their cyclist is aware of the expectations above and feel comfortable to speak to our lead coaches.
- ✓ Liaise with club chairman/secretary/head coach if there are any concerns about the sessions.
- ✓ Appreciate KJCC has many volunteers and young coaches working alongside experienced qualified coaches, and that they need to be allowed the space to develop.