CLANE WHEELERS CYCLING CLUB

YOUTH CHARTER

ALL young cyclists are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity,sensitivity and respect
- Have a voice in the club
- Participate on an equal basis
- Have fun and enjoy sport
- Experience competition at a level at which they feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say No
- To protect their own bodies
- Confidentiality

Young cyclists should always:

- Treat cycling leaders with respect e.g. commissaries, marshals, coaches, managers, selectors, club officials mentors, youth leaders etc.
- Cycle fairly at all times
- Respect team members even when things go wrong
- Respect opponents and be gracious in defeat
- Abide by the rules set down by team managers, club officials when travelling to events
- Behave in a manner that avoids bringing cycling into disrepute
- Talk to youth officer if they have any problems
- Obey the rules of the road

Young cyclists should never:

- Cheat Use violence or physical contact
- Shout or argue with officials, team mates, opponents, commissaries, marshals etc
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another cyclist
- Use unfair or bullying tactics to gain advantage
- Keep secrets, especially if they can cause harm
- Tell lies about adults / young people
- Spread rumours
- Play or train if they feel unwell or injured

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Cycling is a wonderful sport which offers young people the chance to experience a whole new adventure with every cycling spin taking you to a new and interesting place enabling you to discover so many new routes and landscapes. When cycling alone or in a group there are certain guideline you should be aware of which can help you and your fellow cyclists if an incident occurs.

When going out for a cycle whether alone or with friends always:

- Bring a phone at all times.
- Keep your phone in a plastic or a zip-loc bag. Keep a tissue in the zip-loc bag to soak up moisture especially in warm weather.
- Bring food, water and some money. Dehydration can lead to serious problems on a cycling spin. So be prepared.
- Bring your standard tools, at least one tube, tyre levers and a multi –tool.
- Always tell your parents when you are going cycling. Tell them your planned route.
- Tell them exactly who you are going with and roughly what time you will be back. Never attempt a new unknown or challenging route alone.
- If your route changes or you get lost or delayed, be sure to contact your parents to let them know your new revised time to return home.
- Should an incident occur you must firstly make yourself and your cycling friends safe by moving to a safe area away from bad bends, roads with a bad view or very busy roads.
- If you are lost, don't panic! Cycle on until you meet someone who may help with directions.
- Pull into a lay-by, house entrance, clearing or other spacious area where you are safe and can plan your next move.
- Assess the situation, try not to panic, phone a parent if needed.
- If you need to phone the emergency services dial 999 or 112 and be sure to tell them your location as best you can.
- If there are adults nearby try to ask for their help or assistance.
- If you are near a town and need help then try to make your way to a local Garda station – ask a local person for directions.
- Remember, if you are unsure about an incident then phone someone.
- Seeking out an adult for help or guidance is always a good idea. They will want to help you if they can. Asking for help is a good idea!