

NORTH DOWN CYCLING CLUB

RULES AND REGULATIONS

Code of Conduct

When taking part in a Club related activity, whether this activity involves cycling or not, all members must remember that their conduct reflects directly on the Club, and consequently it must be of the highest order.

When cycling on the road, all members must adhere strictly to the 'rules of the road' and must not put themselves or fellow cyclists, whether Club members or not, in danger. Safety in our sport is of the utmost importance, and members must not only look out for themselves, but also for fellow cyclists. This includes pointing out obstructions on the road and remaining as a group to assist a member with any mechanical or other issues that may arise. The group must only move off when the issue has been resolved or if the person requiring assistance has agreed that the group may continue without them. NO RIDER WILL BE ABANDONED.

Each member is an ambassador for the Club, and should promote the benefits of being part of the Club whenever they can.

Wearing the Club top whenever they are participating in a Club activity is encouraged and is compulsory when competing in an event run under the auspices of Cycling Ireland. Club sponsors have paid the Club to advertise their businesses; therefore a great effort must be made to wear club kit at club events, such as Time Trials, road races or at sportives. Club clothing can be purchased through the Clothing Secretary.

Although it is not yet a legal requirement, wearing an approved safety helmet when cycling is strongly advised and MUST be worn on any club-sanctioned event, whether it is a club run, Time Trial or Road Race. The risk of serious head injury is greatly increased if a helmet is not worn and this is likely to be taken into account in the event of an insurance claim.

Each member is responsible for maintaining their bicycle in a good and safe condition, and particularly during the winter months or when the weather demands it, fitting mudguards as a courtesy to other Club members.

Discipline and Appeals

- 1.0 All complaints regarding the behaviour of members should be submitted in writing or via electronic means, i.e. email to the Secretary or Chairperson.
- 1.1 The complaint will be heard at the next Club Committee meeting. If the complaint is deemed to be of a minor nature, the Committee can

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dispose of it accordingly. However, if the complaint is of a serious nature, the accused member will have the right, should they so desire, to attend the Committee meeting and have one 'friend' accompany them, in order to provide their side of events. If the Club Committee so decides, an EGM can be convened to discuss a serious complaint, and has the power to take appropriate disciplinary action including the termination of membership.

- 1.2 The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 7 days of the hearing.
- 1.3 There will be the right of appeal to the Club membership at an AGM or EGM following disciplinary action being announced. The appellant must notify the Secretary in writing within 21 days of notification of the outcome of the disciplinary hearing.
- 1.4 The appeal will be heard at an AGM or an EGM convened specifically for that purpose, following receipt of notice of appeal.

Road Racing competitions

- 2.0 Participants must have a bicycle in sound and proper working order, as well as wear a regulation helmet. TT helmets will not be worn.
- 2.1 The club shall hold a Road Racing League Championship each year. The winner shall be the person who has amassed the most points during this league. If it is a tie, then the title will be awarded to the person who had the most consistent high place finishes.
- 2.2 A Road Race will be held to award a prize for riders in separate age related categories or as a one off, handicapped road race with an award going to the winner of same.
- 2.3 The Club will provide sufficient marshals to ensure the events are run safely and efficiently.
- 2.4 As per the Code of Conduct, members must adhere to the rules of the road, wear club kit and abide by the rules for this form of competition as set by Cycling Ireland and the world governing body, the UCI.
- 2.5 Riders and marshals should endeavour to be signed on and/or briefed at least twenty minutes before the commencement of the event. This will ensure a timely and punctual competition.

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Time Trial Competition

- 3.0 The club shall organise a Time Trial series each year.
- 3.1 The Series will be consist of Time Trials of the following distances: One kilometre; Five miles; Ten miles and twenty-five miles. There will also remain the potential to hold a fifty and one hundred mile TT if there is the demand from Club members.
- 3.2 The course will be measured to ensure compliance of these distances, and at the discretion of the Race/Time Trial sub-committee, the start or finish may be moved accordingly.
- 3.3 The Club will provide sufficient marshals to ensure the events are run and efficiently. As per the Code of Conduct, members must adhere to the rules of the road, wear club kit and abide by the rules for this form of competition as set by Cycling Ireland and the world governing body, the UCI.
- 3.4 Participants must have a bicycle in sound and proper working order, wear a helmet, whether it is of an aerodynamic style or conventional road cycling helmet but it must conform to current recognized safety body regulations.
- 3.5 Aero-designed bicycles or Time Trial bicycles, tri-bars and solid wheels are permitted. However, a solid wheel may only be used on the rear. Bicycles must have a rear light attached that is working and visible to traffic.
- 3.6 The Club will award medals or trophies of gold, silver or bronze in nature according to the average speed of the individual rider recorded during the series. The speed required to achieve any of the medals will be determined prior to the commencement of the TT series and can be changed from year to year as seen fit by the TT sub committee.
- 3.7 The minimum age a rider for competitors is twelve years of age. Young riders must be familiar with the Highway Code, have the consent of a parent/appropriate adult and be confident and competent to ride on an open road alone. The Club will allow said parent/appropriate adult to accompany the rider but they must not assist, aid or otherwise during the TT, so that an unfair advantage is gained. If this is type of activity is reported/observed, the rider will not be given a time and may be disqualified for the duration of the series.

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- 3.8 Riders and marshals should endeavour to be signed on and/or briefed at least twenty minutes before the commencement of the event. This will ensure a timely and punctual competition.

Club Rides

Safety and Risk Management

- 4.0 **All riders take part in the group runs at their own risk.** Those risks can never be totally eliminated but can be minimised by following the advice below.
- 4.1 **Club runs are not Club races and must not be treated as such.** There will be numerous club events that members can attend involving racing, aside from applying for a full race licence.
- 4.2 If a club member believe that a rider's conduct is putting others at risk they should report the circumstances to the club committee who may wish to take further action.
- 4.3 **Consider your own insurance needs.** In particular ensure that you have Third Party (Public Liability) insurance that covers you whilst cycling. This is not a legal requirement. The Club has such a policy to cover claims against the Club and its officers but it does not cover individual riders. You should consider joining either the **Cyclists Touring Club or Cycling Ireland** – membership includes both Third Party insurance and free legal assistance should you need to claim against someone else.
- 4.4 Groups ride 2 abreast with riders riding DIRECTLY behind the wheel in front. There may be a case when shelter is found sitting to the right or left of the wheel in front however the group CANNOT take up the entire lane/road by doing this.
- 4.5 It is up to the first 2 riders in the group to spot potholes or other obstacles on the road and alert the group. Point with either hand and call 'hole'. Following riders should also pass the call down the group. If you aren't comfortable with taking your hands off the bars simply call 'hole left/right/middle'. Do not scream it and terrify those further back in the group. Do not brake rashly upon hearing the call.
- 4.6 When turning left or right those at the front should alert the group in advance so that the riders at the rear can make the hand signal for traffic behind.

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- 4.7 When riding in the group take note of the speed of the group. When you get to the front try to maintain this speed. DO NOT half wheel at the front. Training should be done on your own, not on club runs
- 4.8 If you are suffering at the front of the group call 'change' yourself. Do not wait for someone to do it for you and do not wait until riders are swerving around you as you go out the back of the group. Riders will not be annoyed if you call early and the effort should be appreciated.
- 4.9 Try to keep the changes in a group regular (2mins, 5mins etc). Weather/group size/ rider ability should decide this. **You are not obliged to ride at the front** and no one should complain to someone who is sitting on, however, it is not acceptable to then ride hard at the end of a run placing others under pressure. This is a team sport and that same spirit should be adhered to.
- 4.10 THE WHOLE GROUP SHOULD START AND FINISH TOGETHER.

The group must stop and regroup for the following:

- Puncture or mechanical. If this befalls you, alert the group to this.
- Calls of nature.
- At the top of hills or similar where riders may naturally get dropped or fall back.
- Coffee stops – make sure everyone is aware the run is heading off.
- At junctions. Clear instructions must be given as to the traffic situation, and again once safe to do so, pull out or cross the junction ensuring everyone regroups before progressing.

The only exception shall be if a rider tells the group they will make their own way home, however the group should be confident that this rider is capable of making that journey safely.

- 4.11 Consider your own ability before joining a group. If you continually get dropped, try a run more suited to you or drop back to a following group, if there is one coming along (see the sanctioned club rides).
- 4.12 Do not take advice or criticism personally. This is generally given for your benefit and overall safety.
- 4.13 Make sure your bike is safe and worthy of riding on the road.

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- Check your chain and block for wear.
- Check your brakes, your cleats, your tyres and all other moving parts.
- Cleaning your bike is where you will notice if it has a problem – get it seen to by a competent person.
- A regular service is essential.

4.14 ALWAYS WEAR A HELMET and have it fitted properly on your head. ALWAYS ask those who turn up for a run without a helmet why they aren't wearing one. They could save you from severe injury, as several club members can attest too.

As per the discipline rules and regulations, poor riding standards will not be tolerated. The clubs reputation is judged by those we share the roads with, particularly on sanctioned runs or if a group is wearing the NDCC club colours.

We must obey all laws of the road. Any infractions of the law or examples of poor riding must be brought to the attention of the 'Senior Rider', or if deemed necessary to a committee member.

Children and Young Persons

5.0 NDCC will endeavour to take all steps necessary to protect all of the clubs children and young persons. This include, abiding by current legislation and forming its own set of guidelines. Cycling Ireland has a booklet entitled 'Code of Practice and Safeguarding Procedures for Young and Vulnerable Cyclists'. This may be viewed either at the NDCC website or the Cycling Ireland website.

5.1 NDCC will appoint at least one safeguarding officer.

5.2 The club will encourage as many children and young persons to join NDCC, and will promote a health and well being lifestyle for them to follow. This will include advice on:

- cycling,
- nutrition,
- training and
- maintaining a healthy lifestyle.

If advice and guidance is sought, the club will do its utmost to answer their query.

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- 5.3 Children and young persons will abide by NDCC's Rules and Procedures and the aforementioned Cycling Ireland Code of Practice.
- 5.4 Currently, the club does not insist that all persons having attained the age of eighteen years be vetted, however to protect the welfare of the young persons and adults alike, it is highly recommended that all such persons submit their details for an Access NI (or similar) check on joining or renewing their membership of NDCC.
- 5.5 All adults assisting in the events where children will be present, **must** be appropriately vetted and be a member of NDCC.
- 5.6 No adult will be left alone with a child/young person and vice versa.
- 5.7 Before children and young persons under the age of eighteen can join NDCC, a parental consent form **must** be signed by a parent/legal guardian. By doing so, the parent/legal guardian agree to abide by Code of Practice and Safeguarding Procedures for Young and Vulnerable Cyclists and the rules and procedures as laid down by NDCC.