**Oxfordshire Youth Cycling (OYC)**

**Road Ride Consent & Rules**

*This must be signed at the bottom by ALL riders including parents and other adults.*

*N.B. Oxfordshire Youth Cycling is not a club.*

1. **Rider’s Details**

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| --- | --- | --- | --- | --- | --- |
| First Name: |  | Surname: |  | | |
| Gender: |  | Date of Birth: |  | Age: |  |
| Address: |  | |  | | |
|  | Postcode: |  | | |
| Home Tel: |  | Mobile: |  | | |
| Email: |  | |  | | |
| Club: |  | |  | | |
| British Cycling no: |  | |  | | |

1. **Emergency Contact Details**

|  |  |  |  |
| --- | --- | --- | --- |
| First Name: |  | Surname: |  |
| Relationship to Rider: |  | Home Tel: |  |
| Work Tel: |  | Mobile: |  |

1. **Medical and Specific Needs**

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| Please give details of any medical or health conditions that might affect your participation in a road ride and what support/modifications are needed |
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| Please list any medications you take on a regular basis |
|  |
| Please give details of any specific needs that the coach should be aware of, and what support/modifications are needed |
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1. **Experience**

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| Previous road cycling experience, particularly how much road and group riding experience. |
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| Please detail any other specific information that is relevant to participation in the club road session. |
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# Notes

* You are giving consent for your child to participate in OYC rides on the public highway.
* All riders, adult and youth must comply with our group ride rules.
* All riders including parents, guardians and adults need to sign this Convention.
* It is part of the British Cycling recommendations that clubs follow best practice for organising club road rides. OYC follows best practice.
* Only invited riders will be allowed to take part in OYC rides.
* Any riders who misbehave or put others in danger will be told off and may not be allowed to attend OYC rides in the future.
* It is the parent’s/guardian’s responsibility to ensure that his/her child’s bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during the OYC ride.
* **These are not coached sessions.**

Please ensure you make a note of any medical conditions your child has in Section 3 of this form and inform the appointed adult Lead Rider. If you have any concerns about your child participating in any form of physical activity, please consult your GP before giving permission for your child to take part on our rides.

# Road Riders’ Convention & Rules

Riders, either youth or adult, are entitled to take part in non-coached group rides in accordance with this agreed convention and rules. This is designed to develop not only best practice for safe rides, but also to ensure all riders understand their commitment to other riders in the group and the OYC ethic and ethos.

# Bikes and Kit

* All riders attend on a well maintained and clean road bike, with non-knobbly tyres in good condition; Tyres are normally labelled as 700x 23mm up to 28mm
* All riders shall bring: a pump; tyre levers; spare tube[s]; a multi-tool; £5;
* All riders to bring lights in the case of evening rides;
* All riders attend wearing a correctly fitting CE marked helmet in good condition;
* All riders must wear suitable cycle clothing for the weather and bring a waterproof jacket if there is the chance of rain;
* Riders should endeavour to carry a mobile phone;
* Riders must carry sufficient drink (2 bottles) and suitable snacks for the planned duration and weather. Bars, natural food and bananas are preferred over gels, and water over branded drinks.

# Participation

* Only competent riders 14 years and over may participate (age at time of ride) who can ride at an equivalent of the Level 2 Cycle Training Standards will be allowed on OYC rides (some rides may be limited to older riders).
* By exception there may be some rides available for riders 12 and over who are of a high standard.
* Ideally newbies should be accompanied by their parent or other responsible adult.
* Experienced parents may come along on the rides. They must have insurance (e.g. British Cycling or Cycling UK). N.B. There is a no-wait policy for adult riders.
* New riders need to be approved or have undergone a newbie ride assessment before riding with other riders, for group safety.
* A Lead Rider shall be nominated for every ride. The Lead Rider will have control of the pace, route and general discipline on the ride.
* The lead rider shall have the authority to exclude riders from riding within the group if they consider the skills or behaviour inappropriate. It may be sufficient to simply ask a rider to trail the group until such time as it is safe to give further instruction.
* All riders shall comply with the Highway Code at all times and must be familiar with the contents of the Highway Code. This includes not crossing the central white line on the road.
* All riders should be members of British Cycling; (It is usually free for the first year.) <https://www.britishcycling.org.uk/clubs/membership>
* Third party insurance: British Cycling membership includes insurance. Alternatively Cycling UK offers third party insurance: <https://www.cyclinguk.org/insurance/third-party-insurance>

# Road Ride Rules:

* The primary concern of any ride is SAFETY. Please support this above any other objective.
* Good communication is essential for safety, so speak-up, pass on messages and be vigilant.
* Point out holes and pass on safety messages in a clear voice
* Always do what the ride leader says
* It is not a race. Do not "attack" off the front unless invited to do so.
* Do not split the group. Look back to stay in touch.
* Keep your position in the group, unless you have permission to overtake.
* When overtaking ALWAYS CHECK THAT IT IS CLEAR -e.g. of cars / another rider overtaking.
* Do not cross to the opposite side of the road
* Keep in when going around a corner and don’t swing wide
* Do not UN-dertake. If you have to do it, shout “Inside!”
* Do not brake heavily, unless you shout “Braking!”
* If you stand up on the pedals, put in extra power in order to not drop back
* Stay behind the rider in front of you (offset a bit) and do not "half-wheel” (overlap wheels)
* If the road is busy it may be necessary to go ‘single file’
* When going down hill allow a bigger gap between riders
* Keep an eye on the rider behind you if you are the penultimate rider. Shout out loudly if someone is being dropped and get the group to slow down
* If the rider in front of you is gapped, don’t sprint ahead to the group, help them close back to the group
* If you are tired, tell someone and make sure that the people in front get the message
* Do your turns on the front. If tired, it doesn’t need to be long. However, if necessary, you can sit on the back if you make it clear that you are not going to take a turn.

# Agreement and Consent Parental/Guardian Consent

I, being the parent/guardian of [] have read the information on this form and the following notes, and consent to my child taking part in OYC rides on the public highway. I understand and agree that my son/daughter participates in OYC rides entirely at his/her own risk and this is NOT A COACHED SESSION.

**Adults & Parents**

I have considered the nature of the ride and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety.

I have read the information on this form and the following notes and agree to taking part in OYC rides as set out. My son/daughter (and myself if riding) have third party insurance.

I consent for this information to be held by Oxfordshire Youth Cycling in accordance with GDPR.

N.B. we typically take photos of the rides in order to promote OYC.  Please let me know if your son/daughter does not want to appear in those.

**Borrowing a bicycle**

If you or your child borrows an OYC bicycle, then it is your responsibility to check the condition of the bicycle before setting out. (Jake Backus will do the same.) It is your responsibility to bring the bicycle back in the condition that you borrowed it in and in a timely manner, usually on the same day. Whilst in your possession you are responsible for the bicycle. If damaged or stolen it is your responsibility to replace or have it repaired, and if necessary, claim under your own insurance.

|  |  |  |  |
| --- | --- | --- | --- |
| Rider  Signature: |  | Date: |  |
| Parent  Signature: |  | Date: |  |

**OYC specific clause**

It is not good practice for adults to be left with fewer than three youth riders. However, from time to time this may happen due to circumstances or because we deem it a safer safeguarding and safety risk than riders being left of their own. (E.g. in the case that a rider is injured or ‘bonks’ and an adult stays with them or rides them back for safety reasons.)

Whilst we will endeavour always to have two adults on a ride or present, please give your specific approval for the rider to be with a (DBS checked) ride leader if the need arises. N.B. this does not exonerate the ride leader from any claim of negligence.

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| --- | --- |
| I agree that my child / guardian can be with an approved adult on their own | I do not agree that my child / guardian can be with an approved adult on their own |
|  |  |