

Ilkley Cycling Club Under 18s– Club Road Riding Policy

Ilkley Cycling Club (ICC) offers the opportunity for young riders 12 years and over to join in with a number of club rides and activities that are designed to promote safe riding skills and enhance their membership of the club. Dependant on the activity, this will enable young riders to ride with their peers or ride with older cyclists on club rides.

The club hopes that by implementing some guidelines and parameters on youth riding, we can mitigate the risks as much as possible.

All riders must follow the Highway Code at all times when riding with ICC.

This includes:

- Riding no more than two abreast
- Riding in single file to allow traffic to pass on narrow roads
- Obeying traffic lights and signs,
- Not riding on pavements
- Respecting other road users.

For safety:

- Always wears an Helmet when cycling with the club
- Always have contact details on their person during rides i.e. mobile phone app, or noted on paper

Every rider under 18 must have lodged a completed parental consent form (see attached), with the ICC Youth Co-coordinator. Please email completed forms to: YDP@ilkleycyclingclub.org.uk

The Club Road Riding Policy lies under the ICC Safeguarding Policy and the safety of younger riders sits at the heart of the youth development framework.

Activities available for young riders - *12 years and up, the ages are a guide, ability and maturity are the greatest factors*

Under 12 years: Traffic Free Environment Sessions (Coaching, Practice, Fun), Roller Racing, Social Activities and Family/Selected Club Rides under the responsibility of their parents or an adult appointed by their parent. Club TT – under 12's may enter on the rear of a tandem with an adult.

12 – 16 years: Traffic Free Environment Sessions (Coaching, Practice, and Fun) Roller Racing, Social Activities, Independently on Youth Rides dependent on ability, Club Rides (approved riders only 14 years and above, see below) Club TT

16 years and above: Riders are able to join all activities, however must log a consent form with the club and choose activities that are within their ability.

Rides Available

*******All riders to be able to ride to level 2** (see note 1)

Development Rides (stepping stone to the Progressive Rides)

These are aimed at riders who are starting to ride on the roads independently, and are looking to develop their skills, distance and confidence. The rides must be lead by at least 2 adults; parents are welcome to accompany their children till they are confident. Rides can be classified as steady or swifter dependent on attendees. To join these rides riders must be able to ride at the level described in note 1.

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Progression Rides

These rides are aimed at riders who have progressed from the development rides or other training and want to develop their riding skills in preparation for joining in with more challenging rides e.g. the adult training rides. Young riders will be accompanied by experienced club riders who are knowledgeable of the local roads and have ability to inspire youth riders by example. There should be a minimum of two adults on these rides.

Club Rides – 14-16 years (or any age if accompanied by a parent and able to ride the pace)

Criteria for Joining Club Rides (see note 2 - information for mentors, parents and riders)

- Rider is approved by the club to join club rides. This is in discussion with the youth mentors, youth co-coordinator and parents.
- Age 14 years to 16
- Has parental consent
- Has a history of riding with the youth ride or other recognised environments.
- Has the ability to ride the distance and pace as described on the rides calendar
- Has the consent of the leader to join the ride. Preferably agreed in advance if the rider is new to the group
- Has agreed to ride with a mentor, who will take responsibility for the young person during the ride

The Chain Gang – 16 years and above or with dispensation (see note 3)

The chain gang is a fast and challenging environment and only riders who have established riding and road skills should join. Parents should understand the concept of a chain gang and be familiar with the roads and the associated risks of riding with a chain gang prior to consenting for their child to join.

Club Time Trials

Time Trials are run under CTT regulations and as such riders 12 years and above are allowed to ride, with parental consent. The club runs its TT's regularly on the V810 which starts in Addingham, to the Bolton Abbey Roundabout, up the A59 and back over the A65 via Chelker back down the Addingham/Silsden Roundabout. Riders need to be a member of a club affiliated to the CTT; a parental consent needs to be signed, one per season for our club events. Prior to the event it is important to consider if the rider is competent to ride the A59 and A65 and a good way to start is by doing the ride as a 2UP, (2 riders riding together one following the wheel of the other). Under 12's can ride the rear of a tandem with an adult. The club has a number of very experienced Time Trialist's who are always happy to advise or ride as a 2UP for first attempt.

Notes

Note 1 Level 2 Cycle Training Standard requires riders to:

- start and finish an on -road journey (long endurance)
- observe the environment and factors that may affect their riding
- signal their intentions to other road users and group club riders
- ride on the correct part of the road they are using

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- pass side roads, parked or slower moving vehicles
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (e.g. at roundabouts)
- demonstrate a basic understanding of the Highway Code.
- have mastered group riding skills, understanding how to follow a wheel, avoid half-wheeling

Note 2 Information for Club Rides

Information for Parents and Riders

It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where young riders can enjoy developing their cycling skills.

- In case of emergencies parents/guardians must be available and contactable during the ride.
- Young riders are expected to remain in the group from beginning to end; they will either return to the start of the ride at the Bridge or will have informed the lead rider if they plan to leave the ride at an earlier stage upon return
- 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 and carry a drink, snack, money, mobile phone, spare inner tube and puncture repair kit and small pump. They must be dressed appropriately for the conditions and any expected changes in weather.
- The club recommends that all youth riders at this level have British Cycling Silver Level Insurance.
- Continued participation in the rides may be subject to review based on ability and behaviour on previous rides

Information for Mentors/Ride Leaders

What does responsibility mean?

If a young person is on a club ride without a parent, the adults on the ride should take collective responsibility to ensure that the young rider remains safe and gets back to Ilkley at the end of the ride. This is in keeping with the ethos of the club ride.

However, sometimes it will be appropriate to have a ride mentor who agrees to ensure that the young person remains safe on the ride. This would include:

- Staying with them if they get dropped or have a mechanical problem
- Assisting with any mechanical problems
- Making sure they have sufficient food and drink
- Making sure they get back to the ride finish point

The mentor should not be the ride leader. If a young person is new to the group, it is preferable to have a mentor arranged in advance to support the young person until they become more confident and stronger and develop the appropriate skills for riding in the group. At that time, it may be appropriate for the group to take collective responsibility and this would be at the discretion of the ride leader.

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Note 3 Chain Gang Rationales

The club has an additional duty of care for club members under 18 especially when riding on the road consequently any Chain gang ride route involving youth members needs to be risk assessed. The Pool Triangle circuit used by the chain gang at the moment does not meet the criteria that it should be a low traffic environment and a short circuit where young riders can pick up the group easily if they are dropped by the older riders. Also under 16's cannot race on the open road and the Chain gang is as near to racing as club activities get but without the benefit of traffic management, lead cars, following cars, warning signs, marshals etc

Instead we are recommending alternative options:

- Circuit training sessions currently held at circuits
- Youth specific faster rides

Criteria for joining the chain gang

- Must be aged 16 and over
- Be able to demonstrate a history of cycling experience within the club i.e. youth rides, Richard Dunn training.
- Rides out alone or with peers on similar roads regularly.
- Has the ability to ride at 17 mph and above for a prolonged period or the pace described in the published information.
- Able to self-rescue in the event of a puncture or other minor mechanical issue
- MUST have current British Cycling Silver Insurance.

Exceptions -

Dispensation from the above criteria may be granted to riders who have gained exceptional experience. Exceptions may be made for 15 year olds if the following criteria are met:

- 1) Has regularly participated in Saturday faster youth rides
- 2) Races for the club & planning to road race
- 3) Takes part in club A/ training rides successfully
- 4) Has been deemed by ride leaders and/or regional BC coaches to be too advanced for the faster youth rides.
- 5) They then could be included in the first / second chain gang group by special arrangement with the committee & chain gang cyclists with enhanced parental consent.

Previously parents have taken the decision to bring youths on to the Pool Triangle Chain Gang and have been deemed entirely responsible for their child.

The club would now prefer they choose to support one of the progressive rides instead.

Parents who ride with their children on club activities

Parents who ride with their children who fit any of the above criteria should also complete the parental consent form

Managing any irregularities on rides

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In the event of any irregular behaviour on rides from fellow riders or the public it is essential that young riders feel confident to discuss this with their parents and report this to the Youth Co-coordinator who will seek advice from the club welfare officers.

These guidelines will be accessible on the club website and the Youth Face book page (under files) and will be reviewed regularly.