



## Rules and Recommendations

- All riders should understand the Highway Code requirements for cyclists: <https://www.gov.uk/highway-code> and apply its principles where appropriate.
- All riders are responsible for their own wellbeing during a club ride and should be prepared for situations such as adverse weather conditions, poor light and mechanical problems.
- Calder Clarion Cycling Club recommends that ALL MEMBERS carry emergency contact details (ICE) with them at all times when involved in any club activity/ride.
- All riders should ensure their bike is mechanically sound and safe for use.
- All junior riders (under 18) MUST wear a helmet, it is recommended for all others.
- All members have a duty of care to each other and particularly children and vulnerable adults and agree to abide by the clubs safeguarding of children and vulnerable adults policies and protocols.
- All unaccompanied riders under 18 must provide a signed parental consent form to the ride leader in order to participate in club rides.
- All members are required to volunteer some of their time periodically to help run club events and activities over the course of the membership year – all types of contributions are valued.
- By applying for membership I am aware that I am agreeing to comply with Calder Clarion Cycling Club policies, procedures and codes of practice. I understand that the information about me will be held on a computerised system and do not object to this