

PEEBLES CYCLING CLUB is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, leaders, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of each other. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with **Lesley Kirkwood, the Club Welfare Officer** or any Adult Leader.

As a Junior Member of PEEBLES CYCLING CLUB, you are expected to abide by the following code of practice:

- Junior Members must turn up to events on time, with the proper equipment (detailed over) and properly maintained bikes, checked by parents PRIOR to arrival. It is unfair to others to delay the start because you need to get something fixed on your bike.
- Leaders' decisions on routes and activities, once agreed, should not be questioned - unlike school, attendance at PCC activities is not compulsory and your attitude should reflect this!
- Junior Members must wear suitable kit (detailed over) - for the time of year including a helmet and gloves **at all times**.
- Junior Members must participate within the rules and respect officials and their decisions. At races, be a good sport. Applaud good performances, whether made by our club or other riders.
- Junior Members must treat all participants in cycling as you like to be treated. Do not bully or take unfair advantage of another participant.
- Junior Members are not allowed to smoke or to consume alcohol or drugs of any kind at club events or whilst representing the club at competitions.
- Junior Members should thank Race Officials after competition.

I agree to abide by this code of conduct..... Date.....

Small Rucksack containing:-

- Spare tube
- Puncture repair kit
- Multi-tool
- Pump
- Tyre levers
- Spare gloves
- Spare thermal layer
- Food (mars bar/snickers etc) & Drink
- Whistle
- Waterproof shell jacket
- Trail map if one is available

Clothing

This must be suitable for the prevailing weather conditions. It is better to be too warm and take something off rather start under clothed. Full finger gloves, long leggings and a waterproof jacket are compulsory during the winter months i.e. September till April!!! A helmet and gloves are compulsory for ALL activities. Several layers of thin clothing (technical T-Shirts such as Helly Hansen are ideal) are better than one thick layer.