

Code of Conduct at Harrow Bike Club

Riders, spectators, parents/carers must:

- Partake in cycling activities in a sporting manner, respect officials and accept their decisions
- Ensure that personal bicycles are checked before each session and are in a safe condition
- Ensure that the rider is signed-in for the session or event and has paid the appropriate fee before riding the track
- Wear a correctly-fitting, full-face cycling helmet (which must be correctly fastened at all times whilst riding), gloves, long sleeves, long trousers or shorts/knee/shin pads and suitable footwear at all times on track
- Show awareness of other riders on the track, and the track must always be ridden in the correct direction (unless instructed by the coach in a training session)
- Take responsibility in ensuring that they are up-to-date with the official BMX rules, understand and adhere to them and encourage others to do the same
- Recognise and respect the valuable contribution made by all riders, coaches, officials, ride leaders and volunteers
- Respect any environment in which you are involved in, by respecting other members of the public, by not littering and by maintaining proper personal behaviour
- Remember that all riders gain a wide range of benefits from participating in cycling, and the sport is not just about winning and losing
- Provide encouragement and support to all participants, recognising that we all make mistakes



ALL GROUPS

- Say hello and goodbye to your coaches each session – remember manners are free!
- Turn up at least 5 minutes early for your session – you're either early or you're late!
- Be respectful to your coaches and other riders at all times – always let the coach know if there are any issues or concerns
- Return your borrowed equipment promptly at the end of your session