

Code of Conduct Club Members and Participants



The essence of good ethical conduct and practice is summarised below.

During all activities all Club Members shall:

- Consider the well-being and safety of other participants before the development of performance.
- Maintain an appropriate relationship with other members, participants, club officials & volunteers, based on mutual trust and respect.
- Follow all guidelines laid down by the National Governing Body and the Club.
- Consider the need to obtain appropriate 3rd party insurance cover for the activity being undertaken.
- Accept responsibility for their own performance and behaviour & acquit themselves responsibly & ethically at all times whilst on club activities or representing the Club.
- Value participation of others and not just results.
- Have due regard for pedestrians and other legitimate users of footpaths, roads, bridleways, venues or land.
- Follow & respect the instructions of the designated activity leader at all Times. Activity leaders shall have been assessed as competent to do so by a Club officials.

During CYCLING activities all Club Members shall:

- All Club rides shall be lead by a designated Ride Leader.
- Be responsible for ensuring that they have sufficient fitness & competency in the use of their equipment for the planned activity.
- Be responsible for ensuring they have made adequate provision, including equipment, nutrition & hydration, for the planned activity & that their equipment is serviceable & in good working order.
- Wear a correctly fitted helmet compliant with BS EN 1078:1997.
- Carry suitable front & rear lights at all times.
- Be responsible for carrying appropriate tools & spares to deal with minor roadside repairs independently.
- Not use TT bikes or aerobars on group rides.

- Obey the [Highway Code for cyclists](#) at all times & be courteous to other road users.
- Observe [good ride discipline](#) when riding in a group at all times, including giving clear indications of intention or road conditions by the use of [hand signals](#) & verbal communications. Communication from the front or rear of the group shall be passed on.
- Respect the agreed parameters of distance and speed for the ride in order to ensure the comfort and safety of all.
- Not signal to vehicle drivers to overtake the group, due to possible liability.
- When stopping, do so in a safe & conspicuous location where riders can regroup which does not obstruct the public highway or other road users.
- Allow motorists to overtake by pulling over and stopping if they are 'stuck' behind a group on a narrow road AND there is a suitable safe place to do so.
- Notify the Ride Leader when leaving the group.

During SWIMMING activities all Club Members shall:

- Be responsible for ensuring they have adequate fitness & competency to participate in the planned activity.
- Be responsible for ensuring they have made adequate provision, including equipment, nutrition & hydration, for the planned activity.
- Abide by the Rules of the swimming pool &/or activity organisers.
- Wear a conspicuous coloured swim hat In open water sessions. The use of wetsuits may be directed &/or mandated by the activity leader.
- Not swim in prohibited areas.

During RUNNING activities all Club Members shall:

- Be responsible for ensuring they have adequate fitness & competency to participate in the planned activity.
- Be responsible for ensuring they have made adequate provision including equipment, nutrition & hydration for the planned activity.