

# ASTLEY & TYLDESLEY Cycling Club

## Code of Conduct for Riders

**As a member of the club you are expected to abide by the following code:**

- Arrive for training and competition in good time to prepare properly
- Members must wear suitable kit (including a helmet) and clothing for training sessions, and official club kit for matches, as agreed with the coach/team manager
- Always warm up and cool down properly
- All members must play within the rules and respect officials and their decisions
- Be a good sport. Applaud all good rides whether they are made by your club or the opposition
- All members must control their temper. Verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent are not acceptable or permitted behaviours in any sport
- Work equally hard for yourself and your club. Your club's performance will benefit, and so will you
- Respect the rights, dignity and worth of every person regardless of their gender, ability, orientation, nationality, ethnicity, cultural background or religion
- Avoid making public comments, including use of social media, that could be deemed to be of an unsporting nature or bring the club into disrepute
- Members must pay any fees for training or events promptly
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions
- Junior members are not allowed to consume alcohol on the club's premises or whilst representing the club
- Members are not allowed to consume drugs of any kind on the club's premises or whilst representing the club
- Cooperate with your coach, club-mates and opponents. Without them there would be no competition
- Thank officials, club-mates and opponents after competition

**I hereby agree to abide by this Code of Conduct at all times**

Signed:

Date:

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