



Code of Conduct.

At NTR we love cycling and we want you to enjoy it as much as we do.

As a Junior Member of NTR, we expect you to abide by our club rules at all times. We ask that you learn these rules and feel free to ask questions at any time. Our aim is to teach you how to ride safely while having a great time getting fit & staying active!

You may need your parents / guardian to help you learn our rules;

1. Participants aged 14 and under need to be accompanied by a parent/guardian or other nominated adult.
2. Parent/guardians are to ensure that riders wear suitable clothing, including a helmet, are properly equipped, and have any necessary medication (including inhalers etc) with them.
3. You may bring a non-fizzy drink with you to training sessions.
4. Inform your coach of any specific health requirements or medical conditions in advance of the coaching session by completion of a club membership form or a parental consent form.
5. Advise the coach if you have to leave early or are being collected by someone other than a parent/carer, giving details of the arrangement including who will be collecting you, when and at what time.
6. It is the parent/guardian's responsibility to ensure that the activity is within for the child's capabilities, and that bikes are in good working order and suitable for purpose.
7. Listen carefully at all times to your coach and follow instructions carefully & to the best of your ability.

8. Please do not argue with your coach or other NTR juniors and do not distract others.
9. We ask that you recognise good performance and do not just focus on results. We encourage you to support (and clap where appropriate!) the efforts of others around you.
10. Never discourage others or make negative comments about someone's performance. We learn from mistakes and grow better & stronger because of them!
11. Be polite and kind to others.
12. Respect everyone around you regardless of their age, gender, colour, religion or ability.
13. When you are not riding, stay focused on what is going on around you. Listen, pay attention and wait your turn to ride.
14. You will never be forced to do an activity that you are not happy about. Always feel free to say so to your coach. They will always listen.
15. Be mindful of representing NTR whenever you wear club clothing. You should help maintain the good reputation we have established and promote the good name of the club. Wear your club jersey with pride!
16. As a club we always abide by the 'Rules of the Road'. Although you will never be taken out on open roads during training sessions with NTR, you will learn aspects of The Highway Code. It is recommended that you start to learn these as it will benefit your cycling as you progress up through the club.

These rules (our Code of Conduct) are there to keep you and others around you safe. We have a '3 Strikes and you are out!' rule which means that if you *deliberately* break our rules, you may be asked to leave the club. This may sound harsh, but we are responsible for your safety whilst you are with us – and we take this very seriously!

Above all else we want you to enjoy your time with NTR. If there is anything that you are worried about speak to one of our coaches, our Welfare Officer, Karen Nelson or any NTR Committee Member.