

NORTH TYNESIDE RIDERS CYCLING CLUB

CODE OF CONDUCT

North Tyneside Riders Cycling Club supports a culture that is welcoming to all members and supporters, reduces the risks for members when on the road and is conducive to good relations between cyclists and other road users.

Members should acknowledge that people take up cycling for many different reasons, and that everyone can make a valuable contribution to the Club.

There are two principle domains where conduct is important and relevant to the club. These are (a) whilst cycling in public and (b) how members behave towards each other and other cyclists.

PART (a) - CONDUCT WHILST CYCLING IN PUBLIC

The Highway Code and Road Traffic Act 1988 mandate how cyclists should behave on the road and provide the foundation on which the club's main principles are set.

The public form opinions about cycling clubs largely based on their experience of meeting club cyclists on the road. The club kit of NTRCC is distinctive and recognizable and therefore members should be aware of other road users at all times, be courteous, and not be provoked by the behaviour of others as this risks future dangerous and targeted behaviour towards other club members.

In any untoward interaction with a member of the public, no matter how heated or unfair, members are advised to remain dignified and restrained in their behaviours.

NTRCC's Core essentials:

- Helmets are mandatory on all club rides.
- Cyclists must stop at red lights and pedestrian crossings if required.
- Be predictable and always indicate your intentions to other road or track users and fellow cyclists.
- At junctions stay in the queue behind the cars rather than rolling up the inside.
- Warn other riders of safety hazards.
- Stay highly visible with the use of lights and appropriate clothing.
- Whilst the Highway Code permits two abreast cycling, cyclists should be courteous and preferably ride single file on busy narrow sections.
- Forward facing aero bars are not permitted on group rides.
- Be friendly and where conditions allow, acknowledge other passing cyclists
- Be a positive example to other riders and a good ambassador for cycling.

Many gravel paths and cycle trails are designated for shared use with horses and walkers. Cyclists should be courteous and respectful towards both. If approaching either from behind, it is good manners to announce of your approach in good time.

HORSES

- Let the horserider know you are about to pass.
- Verbal communication is best to let both the horse and the human know that you are there, allowing them to respond appropriately.
- Give horses as much clearance as possible when passing.
- If your rear freehub produces loud noise when freewheeling, try to minimise the noise by pedaling continuously.

AMBULANCES & EMERGENCY VEHICLES

- Where blue-light emergency vehicles using sirens approach cyclists from behind It is difficult to give specific advice, as road conditions will determine the cyclist response.
- The overall principle is that the emergency vehicle should not be impeded by the bicycle/s and the cyclist/s should not put themselves or other road users in danger.
- Depending on the road and traffic conditions, it may be safer for a group to slow or stop entirely whilst maintaining a single file line.
- On a dual carriageway, cancel any overtaking or falling back manoeuvres immediately, ride single file and continue until the vehicle has passed.

NTRCC's Cycling Etiquette and Trail Etiquette documents provide additional guidance.

PART (b) - CONDUCT TOWARDS EACH OTHER AND OTHER CYCLISTS

NTRCC wishes to operate in an environment where people show respect for others and their property. Respect is defined as consideration for another's physical and emotional well-being and possessions, to ensure no damage or deprivation is caused to either.

NTRCC wishes to operate in an environment that is free from harassment. Harassment is defined as any action directed at an individual or group that creates a hostile, intimidatory or offensive environment.

NTRCC wishes to operate in a non-discriminatory environment. Respect the right, dignity and worth of every human being – within the context of the activity; treat everyone equally regardless of gender, ethnic origin or religion.

POSITIVE BEHAVIOURS

All members shall:

- Act in a manner which is compatible with the interests of NTRCC
- Accord all people involved in cycling with the appropriate courtesy, respect and regard for their rights and obligations
- Treat people's property with respect and due consideration of its value
- Show a positive commitment to NTRCC's policies, rules, procedures, guidelines and agreements
- Respect the law
- Respect the confidentiality of information which they receive in the course of fulfilling their duties
- Uphold the standing and reputation of cycling within North Tyneside and further afield
- Observe and comply with the Anti Doping Rules set out in the British Cycling Anti-Doping Code.

UNACCEPTABLE BEHAVIOUR

This list provides examples of behaviour deemed to be unsuitable and not in the best interests of the sport.

- 'Sledging' other cyclists, officials or event organisers. Sledging is defined as a statement that is deemed to denigrate and/or intimidate another person, or behaviour likely to constitute emotional abuse.
- Damaging another person's property or depriving them of that property.
- Inappropriate physical contact with other cyclists. Any physical contact must be appropriate to the situation and must be necessary for the further development of the cyclist's skill.
- Statements that are deemed to denigrate the group that an individual is representing.
- Obscene gestures made towards any individual whilst riding or at an event.
- Any form of harassment
- Bullying of any sort
- Abusive language and personal attacks via digital media including, but not limited to, E-mails, Facebook and Strava
- Any form of personal abuse or attack directed towards another based on their race, ethnicity, gender, sexuality or disability.
- Any form of intimate or otherwise inappropriate behaviour with a minor, including, but not limited to, sexual and/or inappropriate physical contact, buying alcohol for minors, inappropriate online contact, verbal abuse, profanity.

The Club has adopted the British Cycling policies and supporting documents for Safeguarding Children and Vulnerable Adults, with particular reference to Section 2 of those documents, Good Practice, Poor Practice and Abuse, and Section 3, Responding to Suspicions and Allegations of Abuse.

Further information regarding online behaviour is available in the NTRCC Social Media Policy.

REMOVAL OF MEMBERS

The NTRCC committee reserves the right to temporarily or permanently suspend club privileges and/or terminate membership without advance warning, if the committee deems such termination to be in the best interests of the club and its members.

Such termination must be for just cause, and written notice shall be delivered to the member or his or her personal representative.

Cause for termination includes, but is not limited to, unruly behaviour, failure to cooperate with club or event rules, failure to pay dues, failure to follow cycling safety procedures, bringing the club's reputation into disrepute, behaviour not consistent with the above values and positive behaviours espoused by the club.

**Enjoy yourself, help others to have fun too, and most of all,
thanks for riding with North Tyneside Riders Cycling Club.**

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