

VALLEY STRIDERS CYCLING CLUB (VSCC) UNDER 18s POLICY

Valley Striders Cycling Club is committed to encouraging participation in cycling for all ages. Our policy ensures a safe pathway from coached, traffic-free environments to independent road riding, adhering to British Cycling standards and safeguarding practices.

1. Age Classifications & Club Provision

A. Under 12s

- **Club Rides:** We are unable to accommodate cyclists under 12 on standard VSCC road rides.
- **Club Provision:** The club acts as an information source for this age group. Our primary recommendation is the Y4RT Monday Coaching Cluster at the Bodington Hub / Brownlee Centre, which provides the best environment for developing essential bike handling skills.

B. Youth Cyclists (Aged 12–15)

- **Club Rides:** Allowed on VSCC road rides, provided they are accompanied by a parent, legal guardian, or a nominated Ride-Guardian (aged 18+) on a maximum 1:2 ratio.
- **Club Provision:** We encourage Youth riders to attend the Y4RT Monday Coaching Cluster to gain the group-riding experience necessary for road cycling. The club offers informal support and direction to help these riders transition safely into adult road groups.
- **Guardian Appointment:** Parents must nominate a guardian via the Parental Consent & Ride Guardian form to be submitted to the Welfare Officer. The guardian is responsible for the youth's wellbeing and must leave the ride with them if they drop out for any reason.

C. Junior Cyclists (Aged 16–17)

- **Club Rides:** Allowed to participate in adult club rides unsupervised, provided a signed Parental Consent Form is on file with the Club Welfare Officer.
- **Club Provision:** Juniors are treated as young adults. The club offers a supportive group environment to help them develop endurance and advanced road discipline.
- **Self-Sufficiency:** As per British Cycling guidance, by signing the consent form, the parent/guardian confirms the Junior is sufficiently responsible and experienced to assume full and entire responsibility for their own safety in relation to traffic and can manage "self-rescue" (e.g., punctures or navigation) independently.

2. General Rules & Safety

- a. **Consent:** No person under 18 may join a ride without a completed Parental Consent Form.
- b. **Safety Equipment:** Correctly fitted cycling helmets are mandatory. Bicycles must be in good working order, and riders must carry appropriate clothing and hydration.
- c. **Ride Leader Authority:** Ride Leaders are responsible for the entire group. If a young rider's ability or behaviour jeopardises group safety, the Ride Leader may ask the rider (and their guardian, where applicable) to leave the ride and return home by their own means.
- d. **Duty of Care:** VSCC adheres to the British Cycling Safeguarding Policy. Our Club Welfare Officer (CWO) is available to discuss any concerns regarding the welfare of young members.

VERSION CONTROL

V1.0	15/09/2015	JB/HK	
V 1.1	15/09/2016	JB	
V1.2	20/08/2021	JD	
V2 1	07/10/2021	JD	
2022 09	13/09/2022	HM/JD	
2022 11	10/11/2022	HM	
2024 03	06/03/2024	HM	
2026 07	07/07/2026	KH/MC	(renamed from Juniors Policy)