

# VSCC JUNIORS POLICY

Valley Striders Cycling Club is committed to encouraging participation in cycling of all ages.

The club will act as an information source for junior and Youth cyclists, providing relevant information about opportunities such as the following:

1. Joint venture clubs' training sessions which may be appropriate, such as 4RT sessions. Please request to join VSCC Youth Group and Bodington Circuit Monday Coaching Cluster for further information.
2. Sportives and organised events which are family friendly in that they encourage participation by cyclists who are below 18.
3. Bike handling skills training and coaching, such as 4RT sessions and holiday camps
4. Races such as grass track, cyclocross or multi-sports.

The provision which we offer for junior cyclists (12 years), youth cyclists (12-15 years) and young adult cyclists (16-17 years) are different and are summarised below:

## 1. JUNIOR CYCLISTS (up to age 11 years)

We consider "Junior Cyclists" to be those at junior school, so below the age of 12.

We are unable to accommodate junior cyclists on VSCC organised rides. On occasion however we may organise "junior cyclist friendly" events. These will be clearly communicated and will typically be family focussed to encourage younger riders to get on their bikes and to take part in longer road rides.

## 2. YOUTH CYCLISTS (aged 12-15 years)

We consider "Youth Cyclists" to be those at secondary school, so aged 12 or older. The club actively encourages participation from youth cyclists in club rides and will offer informal encouragement, support, and direction to help develop appropriate skills and experience for whatever type of road cycling they desire to pursue. The rules for participation by youth cyclists are:

1. Youth cyclists must be accompanied and supervised by a ride-guardian on all rides.
2. A ride-guardian for a youth cyclist may be appointed with written consent of the parent/legal guardian using the "VSCC Youth Cyclist Information and Parental Consent Form" which can be found on the VSCC website (<https://vscclink.com/policies>). This must be shown to the ride leader prior to the ride commencing.
3. Ride-guardians must inform the Ride Leader when joining the ride on Facebook
4. VSCC are not able to offer formal ride-guardian services to youth cyclists, and all arrangements for supervision must be agreed between the youth cyclist's parent/guardian and their nominated ride-guardian.
5. Ride-guardians may be the youth cyclist's parent, guardian or friend and must be 21 or older.
  - The ratio of ride-guardian to youth cyclist must be 1 youth cyclist to every 1 ride-guardian
6. In the event of a youth cyclist requiring to break away from a VSCC ride (due to such things as tiredness, inability to maintain the pace of the group, bicycle mechanical problem, accident) it will be the sole responsibility of their ride-guardian to ensure the appropriate actions are taken to remedy the situation.

7. VSCC ride leaders will seek to incorporate the youth cyclist into the group ride - but will not be obliged to make special provisions to cater for their needs, as they will remain responsible for the entire group of cyclists. There is no limitation on the ride that the youth cyclist can join, provided they have the ability to keep up with the pace and display the appropriate behaviours to engender the trust of the ride leader.
8. The youth cyclist and their ride-guardian are accompanying the VSCC organised ride, but unlike a situation where an adult rider requires remedial action or support, in the case of the youth cyclist that remedial action remains the sole responsibility of the ride-guardian. In such an event, it is anticipated that the VSCC ride group will continue the ride leaving the ride-guardian and youth cyclist to return home by their own means.
9. Additionally, if whilst on a VSCC organised ride, the Ride Leader considers the youth cyclist to be in need of remedial action or support to continue on VSCC rides, that support and action is the responsibility of the youth cyclist ride-guardian. This recommendation would normally be made at the end of a ride, however if the ride-leader feels that any dynamic situation is jeopardising the safety of the group or any of its riders, the youth cyclist and ride guardian may be asked to leave the ride and return home by their own means.

### **3. YOUNG ADULT CYCLISTS (aged 16-17 years)**

We consider “Young Adult Cyclists” to be those aged 16 or 17. The club actively encourages participation from young adult cyclists in club rides and will offer informal encouragement, support, and direction to help develop appropriate skills and experience for whatever type of road cycling they desire to pursue. Young adult cyclists can join rides when accompanied by their parent/guardian without restriction. The rules for independent participation by young adult cyclists are:

1. Participation in at least 2 VSCC organised rides with different ride leaders.
2. Written permission from their parent or legal guardian using the “VSCC Young Adult Cyclist Information and Parental Consent Form”\* which can be found on the VSCC website (<https://vscclink.com/policies>) and which must be submitted and accepted by VSCC prior to their first unaccompanied ride.

\*On this form the parent/guardian will be required to state the dates and ride leaders who have witnessed the young adult cyclist on their rides, who are prepared to offer a reference that the young adult cyclist is, in their opinion, suitable to ride unaccompanied on an organised ride.

Once the form is accepted by VSCC and stored securely on the [vscclink@gmail.com](mailto:vscclink@gmail.com) account, the young adult cyclist will be included in the list of young adult cyclists on the Rider Leaders page on the website and so be able to participate in rides and treated as adults. It is therefore the responsibility of the parent/guardian to consider whether their young adult cyclist can safely join an adult activity unsupervised.

## VERSION CONTROL

V1.0	15/09/2015	JB/HK
V 1.1	15/09/2016	JB
V1.2	20/08/2021	JD
V2	17/10/2021	JD
2022 09	13/09/2022	HM/JD
2022 11	10/11/2022	HM