

Island Wheelers Cycling Club

Code of Conduct

All club members new and old are asked to complete an online Cycling Ireland membership request for both club membership and licence. This will include your email address details so that all members can be kept informed of important club news and updates throughout the season. All memberships shall be approved by club secretary/chair.

Completing the online membership will act as confirmation that you have read and understood the club's constitution, code of conduct and are prepared to follow the club rules and what is considered best practice and good riding etiquette.

Membership will run each year from 1st January – 31st December.

Please make sure your licence is renewed as you will be refused to participate on all club activities.

The list below is not exhaustive but rather a guide to what is expected from all Island Wheeler's members

- Safety first at all times - always ride in a safe manner both on and of road
- Helmets must be worn at **ALL TIMES**. No helmet- no cycle.
- Club kit to be worn on all club runs, organised events and races. Club sponsors have paid the club to advertise their businesses. Please support our sponsors both directly with your business and indirectly by wearing your club kit at all times. The club kit is available to order

through the online web shop. Members will be notified via email when this is open.

- Failure to wear club kit will be monitored by group leaders. 1st offence will involve a verbal warning by the group leader/committee member, 2nd offence will involve a disciplinary hearing and 3rd offence will involve a suspension from the club
- Cyclists must obey all Cycling Ireland and event organiser's rules when participating or racing.
- Please have **full** bike mudguards fitted especially during the winter period. Mudguards are there to protect your club kit and bike but mostly other cyclists in your group.
- **THE RULES OF THE ROAD MUST BE OBEYED AT ALL TIMES.**
- Any infractions of the law or examples of poor riding must be brought to the attention of the group leader/senior member, or if deemed necessary to a committee member. The club's reputation is judged by who we share the roads with.
- Make sure your bike is safe and worthy of riding on the road, i.e., do the brakes work, what condition are the tyres etc.
- It is recommended that bikes should have a rear light attached that is working and visible to traffic.
- Members are expected to carry spare tubes, pump and tyre levers on all spins it's also recommended that you carry a phone and/or some money in the event of an emergency.
- NEVER ride more than 2 abreast and ride single file when on narrow roads
- Respect all other road users

- Take your litter home
- Behave in a manner that reflects well on the Island Wheelers, its members and sponsors.
- Respect the rights of all other cyclists and members of the public when using Facebook, twitter, or any other means of social media. All members are prohibited to post anything that is or may be perceived as offensive on any others members on any of the various messenger groups.
- Consider your own insurance needs. We would ask that all members take out separate insurance whether this be for personal injury or bike damage. Cycling Ireland's insurance for leisure licence holders only covers 3rd party accidental collision. Separate personal insurance can be purchased separately when renewing your leisure licence.
- This is already included in limited and full competition licence packages as standard.

Club Runs

Be Punctual - arrive at the designated meeting point equipped, prepped and ready to go. It is best to arrive a few minutes early so the group leader can advise of the route selected.

The leader will call the route and only he/she should call turns as this avoids confusion and reduces the risk of accidents. The leader will be responsible for ensuring the route meets the agreed objectives of the ride i.e. distance, time, speed, terrain. This has to be flexible as circumstances can change, i.e. weather conditions may force the leader to shorten/cancel the ride.

The whole group should start and finish together. Consider your own ability before joining a group. If you are continually getting dropped, you may need to consider moving back a group within the club. Do not take advice or criticism personally. This is generally given for your benefit and overall safety.

Groups can be split at agreed distances or when deemed necessary by the group leader. The front riders determine the pace of the group, but it is the group leader who can control this by calling changes at the front. **Please** don't half wheel at the front and when rolling over increase your speed slowly to allow the cyclist behind you to get in to position.

When riding in the group, take note of the speed of the group. When you get to the front, try to maintain this speed. Training should be done on your own, not on club runs. This is a group ride so ride together. The group leader is expected to manage this.

The front riders are responsible for calling or signalling all hazards to the rest of the group. These include potholes, debris on the road, parked cars, oncoming cars, pedestrians, dogs etc. **They should call/point these clearly, calmly and early** so the group can navigate around these in a controlled manner, and no one is put at risk by last minute erratic movements by others within the group.

Always keep a comfortable gap to the wheel in front of you until you are confident that it is safe to ride a little closer.

Participation

A key objective of the club as outlined in the Club Constitution is to "Promote participation in all cycling disciplines in the Coalisland Area".

All Island Wheelers members are expected to support club events. This can take many forms. For the club to continue promoting successful, safe and enjoyable events, it is essential that **ALL MEMBERS** make themselves available to help where needed.

Disciplinary Procedure

In accordance with the Island Wheelers Club constitution, the committee will apply the Disciplinary Procedure where deemed appropriate.

All complaints regarding the behaviour of members should be presented in writing to the Secretary or Chairperson (either via letter or email). The Committee will then hear the complaint, investigate and take appropriate action. The sanctions may range from a verbal warning for minor transgressions to expulsion from the club for major misconduct. All members have the right to appeal any disciplinary decisions.

The procedure and any subsequent appeal will be dealt with in a timely manner.