

STRATFORD

CYCLING CLUB

There are many social and training rides where Junior Club Members can participate when consent is given from both the PARENT and JUNIOR CLUB COACH. These are outlined below with ride procedures and consent forms on the following pages.

All riders under the age of 18 are required to have the relevant consent form prior to riding. The minimum age for any senior rides is 12 yrs, any rider under the age of 16yrs must be accompanied by a parent/guardian or club coach. All consent forms are to be stored in the files area on the junior Spond account.

Sunday rides

Stratford CC offer three rides most Sundays for a range of abilities and fitness levels. The exact speed and distances given can vary significantly depending on the terrain. Sunday rides are no-drop so the group will always stay together.

A Ride: 17-19mph, circa 60 miles.

B Ride: 16-17mph, circa 55 miles.

C Ride: 13-15mph circa 45 miles

Tuesday bash

Tuesday evening bash is only suitable for very competent, conditioned and self-sufficient riders. This a fantastic club event and requires some experience, discipline and teamwork. Juniors must take responsibility for themselves.

Saturday morning & Thursday evening training rides

These are midway between a Sunday club ride and Tuesday bash. Whilst it is a 'no drop' ride, there is only one group, and the speed is determined by the group as a whole.

Lamp rides

During winter months Tuesday and Thursday evening 'lamp' rides take place leaving at 18:30. As these are 'after dark' they are **not** considered suitable for junior riders unless accompanied by a parent/guardian who is wholly responsible for the junior rider.

Reliability ride

A one-off ride, one Sunday in early spring covering approx. 60 miles. A consent form will be required at sign in.

Century Ride

A club 100 mile ride and due to its length, it is **not** considered suitable for junior riders unless accompanied by a parent/guardian who is wholly responsible for the junior rider.

Solstice ride

A ride similar to the reliability ride, approx 60miles on a Thursday evening in middle of June. This is an extended Thursday evening ride.

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SCC Sunday Club Ride Junior Procedure

The Sunday Club ride is suitable for those who can ride an average 15/16 miles per hour, over a distance of around 50 miles. The ride is organised so that those who start will finish together. Any junior taking part in a Sunday club ride should notify the ride leader in advance. The ride leader has the ultimate say on whether the junior rider can take part.

The Ride Leader will take responsibility for the ride:

- Planning of route including any tea & cake stops
- Road etiquette
- Consideration for those participating, including juniors and those with different levels of ability, competence and experience
- Carry a mobile phone

Before the ride the ride leader will:

- Make themselves known to all members including junior's
- Ensure junior brings a signed Parental Consent Form with them including emergency contact information and medical information if necessary.
- Briefly explain the route and duration of the ride, ensuring parents/guardians are aware of the start and finish point
- Ensure the junior is sufficiently prepared for the ride
- Ensure he/she knows who is collecting the junior rider
- Appoint a deputy for the ride (see Note 1)

During the ride:

- Ensure the junior member is in the pack at all times
- Avoid one-to-one situations with the junior (see Note 1)
- Take responsibility for the welfare of any junior rider
- Ensure parent/guardian is advised if any circumstantial changes occur.

Junior members joining these rides should have the following:

- Suitable clothing including a waterproof
- A filled drinks bottle and a couple of snacks
- Money and a charged mobile phone
- Emergency contact name and telephone number
- A spare inner tube and pump
- Be accompanied by a named parent/guardian or club coach if the rider is 12-15 yrs old.

Note 1

If a junior is unable to complete the ride, the Ride Leader and another adult will wait in a suitable safe meeting point until the parent/guardian can reach/collect them, or if more suitable, escort them home. In the event that they have to wait/escort the junior member, the Ride Leader will decide whether the whole group should wait or if the deputy should continue the ride. There may be scenarios in an emergency situation where an adult may find themselves in a situation alone with a Youth Rider. It may be unavoidable and **common sense has to prevail.**

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Procedure for Juniors on the Bash & Training rides

When a junior rider wishes to join a training ride other than the Sunday club ride, their parent or guardian must first approach the Junior Development Officer (JDO), who will take into account information from the club coaches and the rider's experience before advising on the rider's suitability for these tough rides.

This process must be repeated for each different bash or training route route (Tuesday, Thursday, Saturday). The JDO will make parents aware of the expectations and nature of the rides.

These are group rides on fixed routes and do not have a leader, therefore nobody takes overall responsibility for the ride or juniors attending the rides. Juniors must take responsibility for themselves.

Rides do not have a fixed pattern or speed. The speed may be varied and at times very high including on climbs. There is no policy to wait for riders who are left behind; therefore, all riders must be self-sufficient and self-reliant.

It is essential that riders and parents understand that bashes and training rides are different to a club run. For the right riders, they are a hugely rewarding experience.

Junior members joining these rides should:

- Have suitable clothing
- Carry at least one filled drinks bottle and a couple of snacks
- Have money and a charged mobile phone
- Emergency contact name and telephone number
- Carry a spare inner tube and pump and be able to competently fix a puncture
- Have lights when suitable
- Be familiar with the route and be able to find their own way back to the finish or collection point.
- Be accompanied by a named parent/guardian or club coach if the rider is 12-15 yrs old.

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Parental Consent Form for Senior Road Rides

Rider Details

First name		Surname			
Address		Date of birth		Age	
		Mobile			

Parent / Guardian - Emergency Contact Details

Parent / Guardian 1				
Relationship to Rider		Mobile		
Parent / Guardian 2				
Relationship to Rider		Mobile		

Parent & Coach consent signatures

Ride Description	Parent/Guardian		Junior Club Coach	
Sunday Club Rides <small>note 2</small> A ride – Yes/No B ride – Yes/No C ride – Yes/No	Name		Name	
	Sign		Sign	
	Date		Date	
Tuesday Bash	Name		Name	
	Sign		Sign	
	Date		Date	
Thursday Training Ride (including solstice ride)	Name		Name	
	Sign		Sign	
	Date		Date	
Saturday Training Ride	Name		Name	
	Sign		Sign	
	Date		Date	
Reliability Ride	Name		Name	
	Sign		Sign	
	Date		Date	

Note 2: Delete Yes/No as applicable for A/B/C ride