



RIDER INFORMATION PACK - WOKING CC GO-RIDE

Session Information 2020:

Woking Cycling Club (WCC) Go-Ride scheme is currently open to riders aged 6-12 years old.

Time: 9-10.30am

Location: Barnsbury Primary School
Almond Avenue
Barnsbury Estate
Woking
GU22 0BB
<https://w3w.co/older.leader.nearly>

Please note: Some of the sessions may occur at an alternative location, but this will be communicated to all registered riders ahead of time.

Dates:

Sessions will run weekly for:

First Session – **9th May 2020** for 10 weeks – Last session before summer holiday - **11th July 2020**

Recommence on **12th September 2020** for 6 weeks – Last session of 2019 – **10th October 2020**

To ensure we do not exceed the maximum number of riders for the site we will only be able to accept a set number of riders - there is no obligation to participate every week, but if you miss a large number of sessions without prior notice we reserve the right to give your place to the next waiting rider

Cost Per Session - £5 per rider. Once registered you can pay on the day, there is no upfront cost.

We are not able to allow 'walk up' riders - To participate you must have submitted a completed Online Rider Information and Consent Form (available at <https://wokingcc.org/go-ride>). Upon receipt of your Rider Information and Consent form we will confirm your young rider has been registered.

Please note that the information contained within this pack may be subject to change. If you require further information or clarification, please contact a member of the coaching team.

Our Expectations for Participants, Parents, and the Club

These guidelines are to help ensure we all enjoy the sessions we run and that we remain safe in them. Please respect these and the other participants who attend.

To help us run the Saturday sessions effectively, safely and on time, your attendance is subject to the following rules:

- The minimum age for the sessions is six years old on the day of the first session.
- A minimum of four participants is required for the session to go ahead.
- If the coaching team have not received a completed medical form prior to the session your child may not be able to participate.

You agree to:

- Arrive ready with your bike ready to ride (please see minimum bike requirements below)
- Provide water for riders in an appropriate bottle (food should not be consumed during the session unless medically required)
- Not enter or play on the circuit without permission
- Behave and listen to all instructions from the coach
- Never use bad or hurtful language
- Not bully, use violence, or rough play
- Keep yourselves and others safe
- Report risky situations to the coach/welfare officer
- Play fairly, not cheat and be gracious in defeat
- Respect officials and accept decisions
- Include all participants regardless of their gender, ability, disability, cultural background or religion
- Thank coaches, officials and helpers.

As a participant, you have the right to:

- Be safe
- Be listened to and respected
- Enjoy your sport in a protective environment
- Be protected from abuse by any rider/coach/helper
- Participate on an equal basis within your ability
- Experience competition and the desire to win
- Be believed
- Ask for help

Minimum requirements for bicycles:

- Have a minimum of one brake that is set-up and effective
- Be set up so that the rider can reach the brakes in a normal riding position, and the saddle is in an appropriate position
- It is advised that the riders wear gloves to protect their hands
- Tyres pumped up

Please note that although coaches can advise changes to bike setup to facilitate your child's riding, we cannot make the adjustments.

If you any questions or concerns regarding coaching or requirements, please contact the Head Coach Sandy Holford: wokinggoride@gmail.com or 07770 704516

Cancellation Policy

We operate on a limited place system. Please be aware that if your child fails to attend four booked sessions in a row, WCC reserves the right to forfeit their place on the course. We will contact you to discuss before taking such actions. (In the event of an injury preventing participation please contact the Welfare Officer or one of the Coaching Team).

Membership and consent

In applying for Membership or signing the consent form, you agree to the above guidelines and consent to your child taking part in the coached sessions. You understand and agree that they participate under instruction by British Cycling (BC) coaches entirely at their own risk. You have considered the nature of the sessions and have discussed it with them. You are satisfied that they are sufficiently responsible and competent to assume full responsibility for their own safety under the supervision of a BC coach.

Medical information:

If your child has any medical conditions you feel we need to know, please note them here. If you have any concerns about your child participating in any physical activity, please consult your GP before consenting.

Incident Policy & Procedure

Our promise to you as parents: what we'll do if your child is hurt

At WCC we will do everything we can to make cycling as safe as possible for your child. But occasionally there will be incidents, and it is important for you to know what we will do when they happen.

- We will have first aid kit, and trained first aiders, readily available.
- We will ask you if your child has any medical conditions when he or she joins the club, and again when membership is renewed every year. If the situation changes between these times, we ask you to tell us.
- The vast majority of injuries are minor bumps, scrapes and scratches. We will deal with these quickly and sympathetically. If your child is happy to return to cycling we will allow him or her to do so. If he or she wants to stop cycling we will contact you.
- If basic first aid treatment is required, we will administer it and contact you as soon as possible.
- If an incident happens which may need hospital treatment we will call for appropriate help, and contact you as soon as possible.
- If there is any possibility of hospital treatment we will not give food or drink to a child who has been hurt.
- We will wait for the emergency services to transport the child to hospital. We will not transport him or her ourselves.
- We will let the emergency services know of any declared medical conditions.
- As soon as practical after the incident, we will record details of it and how we dealt with it.
- If you have any questions or concerns please contact the Club Welfare Officer.

Welfare & Safeguarding at WCC

Safe & Happy Cyclists

Woking Cycling Club takes the safety and welfare of all its cyclists very seriously. For the protection of all, and in line with statutory requirements for any sports coaching club, we have a number of Codes of Practice, Policies, and Procedures that all participants, parents and carers, coaches and volunteers are signed up to. These can all be found on our website at www.wokingcc.org

WCC is also a British Cycling club and we abide by their policies on safeguarding and protecting children. All coaches have the relevant DBS checks and adhere to the British Cycling Code of Conduct.

We have a Club Welfare Officer whose mandate is to maintain British Cycling's high standards in relation to children participating in cycling; allowing piece of mind for participants, their families and cycling clubs by ensuring those working with young people are suitable to do so.

If you have any concern at all about any aspect of any activity or individual at the club, please contact the Club Welfare Officer:

Fiona Bell

07710 243829

Email: welfare@wokingcycling.club

Our promise to you as parents:

We aim to make WCC an exhilarating and safe place for all cyclists. Please help us to achieve this by being aware of and respecting our safeguarding promises:

- The welfare of children is paramount. The need to ensure that children are protected is a primary consideration, and it may override the rights and needs of those adults working with them.
- Everyone, whatever their age, culture, disability, gender, language, racial origin, religious belief, and/or sexual identity is entitled to participate in cycling in a fun and safe environment.
- Everyone involved in WCC - riders, coaches, volunteers, and anyone involved in cycling - has a responsibility to safeguard children from harm, abuse, discrimination, and degrading treatment and to respect their rights, wishes and feelings.
- We have a duty to take seriously all suspicions and allegations of poor practice or abuse and to respond swiftly and appropriately to them.
- All coaches and other volunteers at WCC should have the relevant training for their role at the club.

Anti-Bullying Policy

Safe & Happy Cyclists

WCC recognises that:

- Bullying is ‘behaviour, usually repeated over time, that intentionally hurts another individual or group, physically or emotionally’. [Safe from bullying in youth activities, DCSF 2009.]
- One person or a group can bully others
- Bullying can occur either face to face between individuals or groups, or online using technology such as computers or mobile phones.
- Bullying can include:
 - Verbal teasing or making fun of someone
 - Excluding children from games and conversations
 - Pressurising other children not to be friends with the person who is being bullied
 - Spreading hurtful rumours or passing around inappropriate photographs/images/drawings
 - Shouting at or verbally abusing someone
 - Stealing or damaging someone’s belongings
 - Making threats
 - Forcing someone to do something embarrassing, harmful or dangerous
 - Harassment on the basis of race, gender, sexuality or disability
 - Physical or sexual assaults (all sexual incidents and all but very minor physical incidents constitute abuse and must be dealt with in accordance with child protection procedures)
- Bullying causes real distress, it can affect a person’s health and development and, at the extreme, can cause significant harm
- People are often targeted by bullies because they appear different from others
- We all have a role to play in preventing and putting a stop to bullying

The purpose of this policy is:

- To prevent bullying from happening in our organisation as much as possible
- When bullying does happen, to make sure it is stopped as soon as possible and that those involved receive the support they need
- To provide information to all staff, volunteers, children and their families about what we should do to prevent and deal with bullying.

We will seek to prevent bullying by:

- Having a code of behaviour that sets out the ‘dos’ and ‘don’ts’ in terms of how everyone involved in WCC is expected to behave, both in face-to-face contact and online
- Developing a new members’ welcome policy that will help WCC to attract members from diverse groups
- Having regular updates with coaches, volunteers, children, young people and families

who use WCC to ensure that they understand our anti-bullying policy

- Reminding everyone:
 - Group members' responsibilities to look after one another and uphold the behaviour code
 - Practicing skills such as listening to each other
 - Respecting the fact that we are all different
 - Making sure no one is without friends
 - Dealing with problems in a positive way
 - Checking that the anti-bullying measures are working well
 - Making sure that coaches, volunteers, children and young people, and parents and carers have clear information about our anti-bullying policy, complaints procedure, code of behaviour and anti-bullying procedure.

When bullying occurs, we will respond to it by:

- Having a clear anti-bullying procedure in place
- Providing support and training for all coaches and volunteers on dealing with all forms of bullying including racial, sexist, homophobic and sexual bullying
- Addressing the issue from the point of view of the person being bullied, the bully, any bystanders and WCC as a whole
- Reviewing the plan developed to address the bullying, in order to ensure that the problem has been resolved
- Avoiding any punishments that make the individuals concerned seem small, or look or feel foolish in front of others

The Club Welfare Officer is responsible for monitoring the effectiveness of this policy. If you have any questions or concerns, please contact the Club Welfare Officer:

Fiona Bell

07710 243829

Email: welfare@wokingcycling.club