***Harps Cycling Club***

***Code of Conduct / Club Rules Revised Version 2023***

All club members are asked to provide a current email address so that they can be kept informed of all club news and important updates.

When joining the club it is expected that you understand and accept The Club Constitution and are prepared to follow the Clubs Code of Conduct/Club Rules which is considered best practice and good riding etiquette.

The list below is not exhaustive but rather a guide to what is expected from all Harps C.C members

* **SAFETY FIRST- THE RULES OF THE ROAD MUST BE OBEYED AT ALL TIMES**
* Any infractions of the law or examples of poor riding will not be tolerated and must be brought to the attention of the group leader/senior member or if necessary a committee member. The Clubs reputation is judged by those we share the road with.
* Always ride in a safe manner both on and off 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.
* 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 club secretary.
* Cyclists must obey all Cycling Ireland and event organiser’s rules when racing or participating in sanctioned events.
* Make sure your bike is safe and roadworthy do the brakes work, what condition are the tyres etc.
* It is recommended that bikes should be fitted with a working rear light.
* It is recommended that during autumn/winter rides that bike should have a front light fitted.
* It is good etiquette when on winter group rides to have mudguards fitted to your bike and if not to ride at the back of the group
* 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 Harps C.C; its members and sponsors.
* Respect the rights of all other cyclists and members of the public when using social media. All members are prohibited to post anything that is or may be perceived as offensive.
* Members must not take photos whilst actually riding their bike as this may or not be illegal but it can certainly be perceived as dangerous reckless or careless and just as you wouldn’t dream of using your phone when driving so why would we endanger ourselves or others by doing so when cycling.
* Going forward we would ask that members do not post or share any photos on social media including Strava that might be considered as incriminating should we ever be accused of not respecting other road users
* This would for example include any photos when riding or taking alcohol when on a cycle.
* Consider your own insurance needs. The club has a policy to cover claims against the club and its officers, but it does not cover individual riders.

**Club Training**

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 road captain or a designated leader can be picked to lead the group.

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 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 road captain/leader.

 The front riders determine the pace of the group but it is the road captain who can control this by calling changes at the front.

When riding in the group, take note of the speed of the group. When you get to the front, try to maintain this speed.

 DO NOT HALF WHEEL !!!!!!!

Training should be done on your own, not on club runs. This is a group ride so ride together. The road captain 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 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 Cookstown Area”.

All Harps C.C 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 Harps C.C 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.