

# Northumbria Cycling Academy (NCA)

## Membership Policy

### 1. Purpose

This policy explains the different types of membership in Northumbria Cycling Academy (NCA), including the NCA Development Team, and what each one involves.

It is designed to give riders, parents and carers a clear explanation of:

- what membership with NCA means
- the different membership options
- how riders can access training, club rides and development opportunities

### 2. Guiding Principles

NCA membership is based on the following principles:

- supporting rider development over early results
- being inclusive and accessible across the region
- working alongside existing cycling clubs, not replacing them
- making fair and clear decisions

### 3. Membership Structure (NCA Core)

NCA is a regional training and development environment. It is not intended to replace existing clubs. Unless NCA agrees otherwise, riders taking part are expected to:

- have British Cycling membership suitable for the activity they are doing
- be a member of a local first-claim cycling club
- race for their home club in competition

This helps make sure riders are covered in the right way, that NCA follows British Cycling expectations, and that local clubs continue to be supported.

#### 3.1 Training Hub Participation

**What it is for:** This is the main way riders to be part of NCA and join in with its coaching and training sessions.

**Who it is for:** This is open to riders attending NCA coaching sessions. Riders will usually have British Cycling membership and belong to a local club. They stay with their existing club and continue to race for that club.

**How to join:** There is no need to join! Riders, parents or carers can contact NCA using its published contact channels. Once registered, riders will be added to the usual

communication system and asked for the basic information needed for administration and safeguarding. We currently send out weekly invites for the sessions on Spond.

The aim is to make it easy for riders to get involved, develop their skills, and be identified for future progression if appropriate.

### **3.2 NCA Club Rider Membership (Second Claim)**

**What it is for:** Club Rider Membership is for riders who want to join NCA club rides.

**What is required:** Riders must hold second-claim membership with NCA through British Cycling and keep first-claim membership with their home club.

**How to join:** Riders need to contact us at [membership@n-ca.org](mailto:membership@n-ca.org). NCA will then review the request and confirm the outcome.

This helps keep roles clear between NCA and home clubs and avoids confusion about who a rider represents.

## **4. NCA Development Team Membership**

The Development Team is a selective part of NCA for riders who are ready for more support, structure and progression.

### **4.1 Full Development Team Membership**

**What it is for:** Full Development Team Membership is mainly for **Junior** (U18) riders in the performance pathway who are ready for a higher level of commitment and support.

**How riders are selected:** Decisions will look at commitment, attendance, development potential and regional eligibility. Selection will not be based only on race results or short-term performance.

**What is expected:** Riders are expected to commit for an agreed period, attend training and team activities regularly, and represent NCA positively in training, racing and the wider cycling environment.

**Support available:** Depending on resources, support may include coaching, training opportunities, camps, race planning, race support, and financial or practical help.

**Selection criteria for Full Development Team Membership:** The following criteria may be used to support selection decisions for Full Development Team Membership.

#### **Essential Criteria**

- Active participation in NCA activity
- Regular competition at regional or national level
- Clear commitment to progressing in competitive cycling
- Willingness to engage in team training and events

## **Desirable Criteria**

- Strong motivation and development focus
- Contribution to team culture
- Consistent race attendance at national level
- Multi-discipline engagement where relevant

## **Additional Conditions**

- Places are limited and subject to funding
- Final selection is made by the NCA Committee
- Selection includes a degree of discretion

### **4.2 Apprentice Membership (U14/U16 Pathway)**

**What it is for:** Apprentice Membership is for younger or developing riders, including riders in the U14 and U16 pathway, who would benefit from extra structure and a clear route into the Development Team.

**How it works:** Riders stay with their home club and continue to race in club kit, while also accessing selected NCA support and training. Progression into Full Development Team Membership will depend on how the rider develops and whether they are ready.

### **4.3 Alumni Membership (Optional)**

**What it is for:** Alumni Membership may help former riders stay connected with NCA and, where appropriate, support the academy through coaching, mentoring, volunteering or leadership.

## **5. Eligibility Criteria (Development Team)**

When deciding who joins the Development Team, NCA will look at:

- attendance at NCA training sessions
- commitment and engagement
- attitude and behaviour
- connection to the North East region
- signs that the rider can continue to develop

NCA will avoid:

- rigid performance thresholds
- early deselection of riders who are still developing

Selection decisions must be:

- clear
- consistent
- able to be explained to riders and parents or carers

## **6. Application & Approval Process**

- Riders, or parents or carers where appropriate, can apply for membership or be identified through the NCA pathway.
- Applications will be reviewed by a panel, which may include coaches and committee members.
- The final decision will be made by the NCA Committee.

Decisions will:

- be based on clear criteria
- be recorded where needed to support fairness and accountability

## **7. Expectations of Members**

All members are expected to:

- show commitment to training and development
- follow the NCA Code of Conduct
- help create a positive and inclusive team culture
- take part in suitable racing activity where it matches their stage of development

## **8. Safeguarding and Welfare**

All membership is subject to NCA's safeguarding and welfare arrangements, including:

- British Cycling-aligned safeguarding policies
- Named Welfare Officer
- Clear reporting and escalation procedures

All members must follow safeguarding policies and welfare procedures.

## **9. Relationship with Home Clubs**

NCA will:

- work alongside existing clubs rather than compete with them
- encourage riders to stay actively involved with their home club
- respect first-claim club structures

Riders are expected to:

- stay connected with their home club
- contribute positively to the wider cycling community

## **10. Glossary**

Here are some simple definitions of terms used in this policy:

- **Home club / first-claim club:** The main club a rider belongs to and usually represents in races.
- **Second-claim membership:** An additional club membership that allows a rider to be linked with another club, while still keeping their main club as their first claim.
- **Core Membership:** The main way a rider joins NCA to take part in coaching and training sessions.
- **Development Team:** A more selective part of NCA for riders who are ready for extra support and a higher level of commitment.
- **Apprentice Membership:** A stepping-stone membership for younger or developing riders who may progress into the Development Team later.

## 11. Policy Governance

- Version: v1.1
- Approved by: NCA Committee
- Policy owner: NCA Chair / Coaching Lead
- Review cycle: annually or as required