

## NDW-SF – Code of Conduct for Young People

As a member of the club, you are expected to abide by the following code.

I will:

- Arrive for training and competition in good time to prepare properly.
- Wear suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach.
- Warm up and cool down properly on all occasions.
- Play within the rules and respect officials and all their decisions.
- Be a good sport by applauding all good performances, whether they are made by my club or the opposition.
- Control my temper - verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent is not acceptable or permitted behaviour in any sport
- Work equally hard for myself and my club - remember, the club's performance will benefit, and so will I.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, disability, cultural background or religion.
- Pay any fees promptly.
- Abide by the rule that junior members are not allowed to smoke on club premises or while representing the club at competitions.
- Abide by the rule that junior members are not allowed to consume alcohol or drugs of any kind on club premises or while representing the club.
- Treat all participants in cycling as I would like to be treated - not bullying or taking unfair advantage of another participant.
- Cooperate with my coach, club mates and opponents - remember, without them there would be no competition.
- Thank officials and opponents after competition.

