

# Edinburgh RC Youth Policy

## 1. Introduction

Following requests from ride leaders, coaches and other volunteers (collectively called volunteers for the rest of this document) the ERC committee has recognised the need for a participation policy for young people taking part in ERC organised activities. This policy **does not apply to sporting competition** which is covered by the regulations of the relevant governing bodies. It is particularly aimed at events such as **club runs, coaching sessions** etc.

A complete code of good practise “Policy and Procedures for the Protection of Children and Vulnerable Adults” has been written by British Cycling, the governing body for cycle sport in the UK (available on the [SC website](#)) and will apply to all ERC cycle events including young people.

However, the code is general in nature and this document sets out an ERC Youth Policy that specifies how young people can participate in our activities. The policies below have been created not to stop children participating, but to give a framework to support both them and volunteers.

Nothing is as successful in encouraging children to take part in sport as encouragement, a welcoming environment and a common sense implementation of guidance, not a rigid enforcement of rules. It is hoped this policy will be implemented in this spirit.

As already defined in the BC publication “Policy and Procedures for the Protection of Children and Vulnerable Adults”

- Anyone under the age of 18 is considered to be a child/young person.
- All policies and procedures described refer to vulnerable adults as well as children.
- The term parent is used as a generic term to represent parents, carers and guardians

## 2. Welcoming young people

ERC has a thriving Juniors club that welcomes under 16's and operates under the Go-Ride accreditation scheme. Along with this, ERC promote and organise open age activities that younger people can transition into.

To make all this run smoothly, ERC relies on a growing group of volunteers, many of whom are concerned by the prospect of unaccompanied young people on their rides, especially the risk that they may not be able to keep up. There are also concerns about potential liability.

This guide sets out a set of common sense rules which should make it easier for parents and volunteers to understand the requirements from each other to address these issues.

## 3. ERC Juniors – a Go-Ride Accredited club

Parents will no doubt want to make sure that their child is safe whenever they undertake any type of activity without their supervision. British Cycling's Go-Ride Clubmark Accreditation supports the development and recognition of quality junior clubs. As part of the programme, clubs must ensure they have a Club Welfare Officer, who has attended a Child Protection Course. Go-Ride sessions are delivered by British Cycling qualified coaches, who have also attended courses on Child Protection, Equity, and hold a current First Aid certificate.

### Quality coaching in traffic free, controlled environments

Go-Ride clubs deliver coaching activities in traffic-free environments. Any type of bike can be used, so long as it is in good condition, and a cycling helmet must be worn. The sessions teach the necessary skills to make riders more competent, safer cyclists.

### What will my child gain from this?

The Go-Ride programme of cycling activities promotes good health and includes fun activities that are easy to learn. As obesity levels in young people rise, cycling can be seen as a very enjoyable way of getting exercise and countering a sedentary lifestyle.

### Will my child be safe?

All Go-Ride clubs have a commitment to ongoing training for their volunteers, coaches and officials, to have a sound structure, to be fair and equitable and to undertake training to support British Cycling's “Policies and Guidelines” for child protection and best practice. All coaching sessions are risk assessed and clubs take relevant actions to reduce any possible risks. As such, clubs do everything in their power to provide a safe environment in which your child can cycle. Cycling, however, does have its risks and even the best riders still fall off occasionally.

### What qualifications do Go-Ride coaches have?

All coaches in Go-Ride clubs must be British Cycling qualified coaches. All British Cycling coaching awards include sports coach UK's 'Safeguarding and Protecting Children' workshop, which helps to ensure that Go-Ride clubs are safe and welcoming environments for young people of all backgrounds. Coaches are also encouraged to broaden their knowledge to suit their particular requirements, for example, attending the sports coach UK workshop 'How to Coach Disabled People in Sport'. British Cycling has a Coach Licensing Scheme that requires all qualified coaches to retain annual membership and hold a valid First Aid certificate.

### Participation in activities specifically organised for young people

All ERC activities specifically organised for young people will be run by **ERC Juniors**.

# Edinburgh RC Youth Policy

A regular volunteer for such an event, takes a duty of care over minors that clearly falls within the scope of the Children's Act and the volunteer must:

- complete a Scottish Cycling 'Self Declaration Form' (copy available on [BC website](#))
- receive child protection awareness training
- have a criminal records check i.e. Disclosure (can be arranged through Scottish Cycling)

The self declaration form provided by Scottish Cycling is the first stage of a records checking process and must be completed by the volunteer. This gives permission for SC to obtain the necessary checks as required, and provides the initial information needed to accept an activity provider.

All volunteers involved in running the activity should make themselves fully aware of the provisions of "Policy and Procedures for the Protection of Children and Vulnerable Adults". (Appendix X)

- Young people attending this type of activity would need to be ERC members and have parental permission. (see Note 2 below)

## 4. Participation by young people in 'open age' activities.

These are in principle open activities for all ages and therefore should aspire to general aspects of good practice. Any attendee has a right to expect a quality, well run, supportive experience regardless of age. This includes the **ERC regular weekly rides**.

Activities that are supportive, well run, apply common sense and have the best interests of the participant at heart are unlikely to attract complaints, let alone claims.

However it must be recognised by volunteers, participants and their parents that these rides are public events for all ages and the duty of care that can be provided by the volunteer is only at a level of good practice for all ages. Child protection procedures are therefore only advisory and represent good practice. Volunteers organising activities which have regular child participation, even if accompanied by parents, are encouraged to familiarise themselves with "Policy and Procedures for the Protection of Children and Vulnerable Adults"

Participants must produce a registrar signed **ERC Young Person Consent form** as proof of membership and:

- 1) a young person under 13 may participate in an ERC open age activity only if **accompanied by a parent**.
- 2) a young person **aged from 13 to 17** may participate in an ERC open age activity only if either :
  - a) accompanied by a parent
  - b) accompanied by a responsible adult acting in loco parentis
  - c) unaccompanied but has ERC open age activities approved on their **ERC Young Person Consent form**

**Note 1** : For a young person to participate in any ERC activities their parent must have completed an **online membership through Entry Central filling in all the under 18 questions**, or an **ERC Young Person Consent form** (available in the [Juniors section](#) of the ERC website).

**Note 2** : Parents can give blanket permission for their son/daughter to attend a series of club activities provided they have filled in the relevant section in the online membership form. A registrar signed copy of the **ERC Young Person Consent form** will be sent to the young member after joining which they **must** take along to events.

## 5. ERC open age bike runs suitable for Young People

The information below should give you some idea of the activities we organise for novices and how to prepare for them. More detail can be found on our website at [www.edinburghrc.co.uk](http://www.edinburghrc.co.uk), particularly the [FAQ](#) page. If there is anything else you wish to know please contact the Junior Coaching Coordinator via the [Contact us](#) page on the website.

**9:50am Saturday Road Run** - an introductory run for riders interested in joining ERC and new to group riding. Note that this is not a "novice" run as such, as some cycling experience is required. If you can ride for around 2 hours (speed is not that important) then you should be fine on this run. There is a leader (contact details on the '[What's On](#)' page of the ERC website) who will make sure that everyone stays together, so don't worry about being left behind at any point. The main purpose of this run is to help you get used to riding close to other cyclists and to develop group riding skills such as being able to "hold a wheel" (i.e. stay in the slipstream of the rider in front of you) and ride in a chaingang (see [FAQ](#) page). You'll be amazed at how much faster you can travel in a group once you develop these skills. The run is usually around 35+ miles on the highways and byways of East Lothian. Average speed varies but is generally around the 14mph mark.

**10am Saturday Off Road Pentlands ride** - meets at 10am on the corner of Westgarth Avenue and Colinton Road. This is usually a 3 hour ride at a steady pace and will travel at the pace of the slowest.

**10:00am Sunday Road Run** - will average 17+ mph and is usually formed of riders training to race or reasonably fit recreational cyclists. This is self supporting and the distance varies according to the season but is usually 60 – 80 miles. The first and third Sunday of the month is at a more relaxed/social pace.

# Edinburgh RC Youth Policy

## Kit List for Road Runs:

- **Spare inner tubes:** at least one, but preferably two,
- **A working pump**
- **Puncture repair kit:** for those awful days when two tubes aren't enough.
- **Tyre levers:** 2 or 3
- **A multi tool:** to adjust gears etc.
- **Other tools optional:** e.g. chain breaker
- **Water bottle:** Even in winter hydration is important, so each rider should carry at least 1.
- **Personal first aid:** plasters, antiseptic wipes etc.
- **Money:** for the cafe stop
- **Food:** Although groups often have a cafe stop it's a good idea to carry some spare food e.g. energy bars, bananas etc.
- **Waterproof cycling jacket:** Scottish weather is unpredictable all the year round so it's always advisable.

## Kit List for the Off Road Runs:

It's often true that people carry more emergency gear for their bikes than for themselves. As a minimum you should have:

- **Helmet (essential):** there are probably more regular riders in the offroad section who have landed on their head at some point than haven't (which explains a lot to be fair). It just makes so much sense.
- **Water:** rucksack hydration packs (e.g. Camelbaks) are increasingly popular and give space to carry other bits and bobs, otherwise use frame-mounted water bottles.
- **Food:** depending on the ride, anything from a few cereal bars and jelly babies to sandwiches and enough food for a whole day. It's unusual to have a café stop on offroad rides so carry sufficient food for the ride and a bit extra "just in case".
- **Personal first aid:** plasters, antiseptic wipes etc.
- **Spare clothing.** as a minimum a warm layer and waterproof, and more for rides into remote areas and winter rides, e.g. leggings, fleece, spare gloves, arm warmers and leg warmers. Again tailor your extra kit to the ride you're undertaking. If in doubt, ask the ride organiser what they think you'll need.

The club rides are best tackled on a reasonable quality mountain bike with knobbly tyres and a wide range of gears. It's far from essential to spend a fortune but front suspension and decent brakes will be a definite advantage on most rides.

While punctures and mechanicals can happen to everyone, a bit of bike preparation will go a long way to minimising them, so:

- make sure your bike is safe – check wheels, rims, steering and suspension are working properly and ensure that nothing is loose or liable to fall off.
- Keep your drivetrain clean and well lubed. This will help the gears work properly and make everything last that little bit longer.
- Check your tyres and their pressures. Tyres that are too hard or badly worn won't grip well and those that are too soft or cut/damaged will puncture easily. Make sure you know how to fix a puncture and have the kit to do so – pump, patches, tyre levers and at least one (but preferably two) inner tubes.
- Check brake pads regularly and consider carrying spares, especially for V-brakes. In extreme conditions even disc pads can wear out in a very short period of time.
- Crudcatcher-style mudguards that mount to the seatpost and downtube to keep the worst of the mud off without clogging.
- Carry a multitool with a chain splitter and any spares you may need, such as brake pads, rear mech hanger, powerlinks and so on.