Sulis Scorpions

RIDER'S CODE OF CONDUCT

We have a few basic 'common sense' rules that we ask all riders to adopt and promote:

1. Arrive for training and competition in good time to prepare properly.

2. Wear suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach.

3. Take responsibility for your bike – it must be well maintained and safe to ride at all times.

4. Warm up and cool down properly on all occasions.

5. Play within the rules and respect officials and all their decisions.

6. Be a good sport by applauding all good performances by other riders.

7. Control my temper - verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent will not be tolerated.

8. Work equally hard for myself and the club - remember, the club's performance will benefit and so will I.

9. Respect the rights, dignity and worth of all participants regardless of their gender, ability, disability, cultural background or religion.

10. Treat all participants in cycling as I would like to be treated - not bullying or taking unfair advantage of another participant

11. Cooperate with my coach, club mates and opponents - remember, without them there would be no competition.

12. Thank officials and opponents after competition.

13. Pay any fees promptly.