

## ATTACHMENT 3

### Example - Code of Conduct for Riders/Athletes

I .....agree to abide by the below Code of Conduct:

- 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.
- As far as practicable attend all planned training sessions and give the coach/ride leader plenty of notice if you have a genuine reason for not attending.
- Always warm up and cool down properly.
- All members must play within the rules and respect officials and their decisions.
- Be a good sport. Applaud all good performances, whether they are made by your team mates/club or the opposition.
- All riders/athletes must control their 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 yourself and your squad/club. Your club's performance will benefit, and so will you.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Ensure you or your parent/guardian has paid coaching or event fees promptly.
- Junior riders/athletes are not allowed to smoke whilst representing the squad/club.

- Junior riders/athletes are not allowed to consume alcohol or drugs of any kind whilst representing the squad/club.
  
- Treat all participants in cycling as you like to be treated. Do not bully or take unfair advantage of another participant.
  
- Cooperate with your coach, team/squad/club-mates and opponents. Without them there would be no competition.
  
- Thank officials and opponents after competition.

**Rider/Athlete Signature:**.....

**Parent/Guardian Signature:**.....

**Date:**.....

