



ISLINGTON CYCLING CLUB YOUTH GUIDE

Islington Cycling Club aims to be welcoming and inclusive for anyone and everyone. This guide aims to help young members (aged 8-17) get the most out of the club and to do it safely. It also aims to support parents and volunteers with questions in the area of safeguarding. This is a guide for all members of Islington Cycling Club, but especially for youth members of the club, their parents and event leaders. This policy does not apply to sporting competition which is covered by the regulations of the relevant governing bodies.

DOES ICC HAVE A SAFEGUARDING POLICY?

Islington Cycling Club is a British Cycling Go-Ride club and has therefore adopted [British Cycling's policies for safeguarding children](#). Under this policy anyone less than 18 years old is considered to be a child/young person and the term parent is used as a generic term to represent parents and guardians.

We have club safeguarding officers who can answer your questions and who help Islington Cycling Club follow best practice, when riding with young people. They are: Katie Bonnar (welfare@islington.cc).

WHAT ARE MY RESPONSIBILITIES?

Everyone in the club, young or old, has a duty of care to the other members. This is defined in the [British Cycling Code of Conduct](#). We expect members to look after each other and to take all reasonable steps to ensure safety when planning events and routes. Young riders are expected to remain in their group from beginning to end. Parents/guardians must advise the leader who will be collecting the rider or how they will leave the session and in case of emergencies parents/guardians must be available and contactable during the ride.

WHAT ARE OUR EVENTS LIKE?

Islington Cycling Club has many different kinds of activities, including social group rides on the open road and coached sessions. Most of our events are 'All Age Events,' but some are 'Youth Specific Events'. The club is happy to explain the nature of any event in advance, and details can be found on the club [website](#) and [forum](#) or by contacting secretary@islington.cc.

ALL AGE EVENTS

These events are open to all, they are friendly supportive events, but the duty of care offered can only reasonably be expected to be at a level appropriate to adults. Riders under 18 years old should only attend general club activities if accompanied by a parent, guardian, carer or person acting in loco parentis, or with a signed consent form for the activity. Some cycling experience is required for all of our events. We recommend our monthly [Introduction Club Cycling rides](#) as the best place to start for all members.

Our Sunday club rides depart from Whittington Park at 8.30am, riders are divided into groups and each group will discuss their expected route, difficulty and return time before departure. More details are published online in the [Clipping in section](#) of our club forum.

YOUTH SPECIFIC EVENTS

These events are specially designed for young people and include our Youth Program Events. Coaches leading the sessions will be [DBS checked](#) and will be familiar with club safeguarding policies. The duty of care provided will be at a level appropriate for children. Full details will be provided in advance.

Do I NEED A CONSENT FORM?

If you are under 18 years old you must have a signed Islington Cycling Club consent form with you at every event you attend. Parents should make sure it is shown to the group leader. If you choose to join the club a consent form will be requested from you when you sign up. This allows us to keep the necessary information on hand. We will also issue members under 18 years old with an annual membership and consent card to replace the paper form once they start needing it regularly.

WHICH EVENTS CAN I ATTEND?

| | Youth Program Events | All Age Events |
|--|----------------------|------------------|
| Less than 8 Years Old | No | No |
| 8-12 Years Old | Yes with consent | No |
| 13-15 Years Old | Yes with consent | Yes with consent |
| 16-17 Years Old | No | Yes with consent |
| 18+ | No | Yes |
| Occasional Volunteer (See below) | Yes | Yes |
| Volunteer with Significant Access to Children (See below) | Yes with DBS check | Yes |

I'M AN ADULT, CAN I RIDE WITH CHILDREN?

Yes – you can join any club event. Our events take place in groups or in public and [DBS checked](#) helpers attend Youth Specific Events. We do not require DBS checks for most members, even if minors are present. However, if you are a Coach, Driver, or a Volunteer with 'Significant Access' to children who are not your own you must be DBS checked. This includes overnight trips, teaching, or any frequent (e.g. once a week), or intensive (e.g. four or more times in 30 days) access. One-on-one situation between an adults and minors are not allowed.

WHAT EQUIPMENT IS NEEDED?

It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during club rides, and bring adequate clothing, drink, food, spare inner tubes, tyre levers and pump. The rider must bring sufficient money for extra food or incase of the group have to take a train home in bad weather for example.

ASKING FOR HELP

If you need help or if you are worried about the safety or wellbeing of someone you can get help in a number of ways – we want to help you and to make our club safer and better. Contact; Islington Cycling Club via secretary@islington.cc, British Cycling at their [website](#) or via compliance@britishcycling.org.uk or call 999, NSPCC: 0808 800 5000 or Childline: 0800 111.