

British Cycling

Best Practice Guidelines

This document is intended only as a general guide for clubs. For specific advice and questions relating to club activities and the legal and insurance benefits provided to clubs, members and events, please consult the British Cycling Legal and Insurance Benefits booklet or contact the membership team on membership@britishcycling.org.uk

Club/Group Ride/Training Session – on the public highway

Best practice is.....

- ✓ Have a predetermined start time and communicate the route to all participants.
- ✓ All participants should comply with the Highway Code.
- ✓ All adult participants are responsible for their own well-being during the ride and should be prepared for situations such as adverse weather conditions, mechanical problems and flat tyres.
- ✓ Have emergency procedures and communicate them to all participants. This should include emergency procedures for incidents that riders may experience during a ride (eg punctures, mechanical problems, changes in environmental conditions, accidents involving one or more members of the group).
- ✓ Have procedures in place to ensure that individual riders are not left on their own during the session.
- ✓ All riders should be aged 12 years or older, and be competent at a level equivalent to the Level 2 Cycle Training Standards.
- ✓ There is a greater duty of care for riders under the age of 18 years. Therefore, if there are riders aged 12-18 years in the group, somebody will need to take responsibility for these riders and ensure they are not left on their own during the session.
- ✓ Have a signed parental consent form for all riders under the age of 18 years.
- ✓ All riders should be encouraged to take part in activities that are within their capabilities.
- ✓ All riders must wear a helmet.

Club/Group Ride/Training Session – facility

Best practice is.....

- ✓ Know, and comply with, the rules and regulations of the facility, such as the normal operating procedures, emergency operating procedures, codes of conduct, etc.
- ✓ All riders should be encouraged to take part in activities that are within their capabilities.
- ✓ Ensure there is adequate first aid provision.
- ✓ All riders must wear a helmet.

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Club/Group Ride/Training Session – off road

Best practice is.....

- ✓ Always have a leader in attendance with an appropriate off-road leadership qualification that is recognised by British Cycling.
- ✓ The leader should hold a valid British Cycling Coaching License, which includes the requirement to have a valid first aid certificate.
- ✓ The leader should only lead rides that are within the limits of his/her qualification (eg altitude, distance, environment, number of riders in the group, etc).
- ✓ All participants should follow the Countryside Code (England and Wales) and the Scottish Outdoor Access Code.
- ✓ The route must not include areas where riders are prohibited under current legislation.
- ✓ All riders should be encouraged to take part in activities that are within their capabilities.
- ✓ Have a signed parental consent form for all riders under the age of 18 years.
- ✓ All riders must wear a helmet.

Coaching Group Sessions

Best practice is.....

- ✓ Always have a coach in attendance with an appropriate and recognised British Cycling coaching qualification.
- ✓ The coach should hold a valid British Cycling Coaching License, which includes the requirement to have a valid first aid certificate.
- ✓ The coaching should be consistent with the British Cycling Code of Conduct and meet the minimum standards outlined in the British Cycling Health and Safety Guidelines for Coaching Cycling.
- ✓ The coach should operate within the remit of his/her coaching qualification.

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Coaching Individuals

Best practice is....

- ✓ The coach must hold a recognised British Cycling Club Coach or a Level 3 coaching qualification in the appropriate discipline.
- ✓ The coach should hold a valid British Cycling Coaching License, which includes the requirement to have a valid first aid certificate.
- ✓ The coaching should be consistent with the British Cycling Code of Conduct and meet the minimum standards outlined in the British Cycling Health and Safety Guidelines for Coaching Cycling.
- ✓ The coach should operate within the remit of his/her coaching qualification.
- ✓ The minimum age for riders to receive individual training prescription is usually 16 years old. However, in some instances, it may be appropriate for riders aged 14-16 years old to receive individual training prescription.
- ✓ For further detail regarding the health and safety requirements of coaching groups and individual riders, please see the British Cycling Health and Safety Guidelines for Coaching Cycling.

Running a competitive event

Best practice is....

Speak to the British Cycling events team on 0161 274 2020 or visit the British Cycling website www.britishcycling.org.uk for full guidance on running a cycling event in one of the following disciplines:

- ✓ BMX
- ✓ Circuit
- ✓ Cycle Speedway
- ✓ Cycle Sportive
- ✓ Cyclo Cross
- ✓ Leisure Ride (on or off road)
- ✓ Mountain Bike
- ✓ Road
- ✓ Track