



Tuam Cycling Club



Code of Conduct

Governance

This code shall be known as **Tuam Cycling Club Code of Conduct**. The Code shall govern the conduct of all persons formally associated with cycling within the club.

Key principles

- TUAM CYCLING CLUB wishes to operate in an environment where people show respect for others and their property. Respect is defined as consideration for another's physical and emotional well-being and possessions, to ensure no damage or deprivation is caused to either.
- TUAM CYCLING CLUB wishes to operate in an environment that is free from harassment. Harassment is defined as any action directed at an individual or group that creates a hostile, intimidatory or offensive environment.
- TUAM CYCLING CLUB wishes to operate in a non-discriminatory environment. Respect the right, dignity and worth of every human being – within the context of the activity, treat everyone equally regardless of gender, ethnic origin or religion

Undertaking by members

All members of Tuam Cycling Club are bound by this code and shall:

- Act in a manner that is compatible with the interests of TUAM CYCLING CLUB.
- Accord people involved in cycling with the appropriate courtesy, respect and regard for their rights and obligations.
- Treat people's property with respect and due consideration of its value.
- Show a positive commitment to **TUAM CYCLING CLUB's policies, rules, procedures, guidelines and agreements.**
- Uphold the standing and reputation of cycling within TUAM CYCLING CLUB.

- Positively contribute towards improved safety on our roads and attitudes towards other road users.
- Respect the law and the Rules of the Road.

Acceptable behaviour

Examples of behaviour deemed to be suitable and in the best interests of the club:

- Obey the RULES of the ROAD. The rules of the road are the same for cyclists as they are for motorists.
- Share the road. Both motorists and cyclists have the right to use the road. Both have a responsibility to understand and respect each other's needs. The best way for a cyclist to share the road safely with motor vehicles is to follow the rules of the road, cycle with courtesy and consideration for other road users.
- Aggression towards motorists will not be tolerated. Offensive actions towards them will result in endangering your fellow club members' lives. Remember cyclists are fragile and vulnerable on a bicycle.
- Cycling Helmets must be worn at all times. (Most serious cycle injuries involve the head. Head injuries can mean brain damage, impaired sight or hearing and/or a loss of co-ordination in the arms and legs. Unlike other injuries, damage to the brain is often permanent). For these reasons, the wearing of cycling helmets is compulsory for members of TUAM CYCLING CLUB and any other guest cyclists participating in our spins.
- Do not ride two abreast on the narrower sections of the road. Always cycle on the left. Always pass on the right. Use hand signals in good time to indicate turning or objects in the road.
- When cycling in winter conditions fit a rear mudguard and always wear bright clothing and compliment this with rear and front lights.
- An appointed club leader will take charge of club organized spins. He/she will coordinate the rides in such a manner as he/she sees appropriate to accommodate all levels of riders ie route speed distance keeping the group together etc. His/her directions will be obeyed in the interest of Health and Safety.