

Code of Conduct

South London Clubs:

Brixton BMX, Merton Saints BMX, Peckham BMX



Start date:	1st July 2021
Last updated:	1st July 2021

Our Values

We encourage all of our riders, spectators, parents/guardians, coaches, committee members and volunteers to adopt the South London BMX Values, as represented by 'BRAKES':

Bike & equipment	Look after the bike you ride. Always protect yourself while riding
Respect	Respect EVERYONE involved in BMX
Achieve	Always try to be the best that YOU can be
Kindness	Be kind to others and yourself. Be a role model for BMX
Enjoyment	Have FUN and be passionate
Safety	Physical and emotional safety of all involved in BMX is paramount

Our values are inspired by the principles of cycling outlined in the British Cycling Handbook <https://www.britishcycling.org.uk/zuvvi/media/media/other/BC-Handbook-Revision-February.pdf> and the 'Riders Behaviour Expectations' developed by our coaches (see end of this document).

The Code of Conduct

The aim of the South London BMX Code of Conduct is to ensure that everyone (i.e. riders, spectators, parents/carers, coaches, committee members and volunteers) involved with Brixton, Merton and Peckham BMX Clubs, are upholding our values when involved in any activity associated with our clubs.

If anyone's behaviour is seriously counter to our values, and breaks the Code of Conduct, steps will be taken to prevent wider negative implications for others involved with South London BMX. Serious breaches or continued misconduct will result in action in accordance with our Code of Conduct and traffic light system as set out below.

The following roles carry particular conduct expectations. At the start of each season, or at membership renewal, people will be asked to sign the below specific codes of conduct relevant to their involvement with South London BMX.

Riders, spectators, parents/carers must:

- Partake in cycling activities in a sporting manner, respect officials and accept their decisions
- Ensure that personal bicycles are checked before each session and are in a safe condition
- Ensure that the rider is signed-in for the session or event and has paid the appropriate fee before riding the track

- Wear a correctly-fitting, full-face cycling helmet (which must be correctly fastened at all times whilst riding), gloves, long sleeves, long trousers or shorts/knee/shin pads and suitable footwear at all times on track
- Show awareness of other riders on the track, and the track must always be ridden in the correct direction (unless instructed by the coach in a training session)
- Take responsibility in ensuring that they are up-to-date with the official BMX rules, understand and adhere to them and encourage others to do the same
- Recognise and respect the valuable contribution made by all riders, coaches, officials, ride leaders and volunteers
- Respect any environment in which you are involved in, by respecting other members of the public, by not littering and by maintaining proper personal behaviour
- Remember that all riders gain a wide range of benefits from participating in cycling, and the sport is not just about winning and losing
- Provide encouragement and support to all participants, recognising that we all make mistakes

Sessions and Events

The club has a number of British Cycling qualified BMX (specific) coaches to run coaching sessions for riders of all levels. It will be at their discretion, and not the committee's discretion, which rider will be suitable for which level of coached session.

Anyone who persistently misbehaves, puts others in danger or fails to follow coaching instructions will be asked to leave the session or event.

Coaches, Team Managers, leaders, tutors and volunteers

This section applies to individuals who help others to achieve their goals through sport and recreational activity. This could include coaches, leaders, instructors, teachers, activators and others who are responsible for the planning and delivery, or facilitation of cycling activities and for sustaining the welfare and engagement of participants.

These individuals will at all times:

- Provide a positive experience, appropriate to the age and developmental stage of the rider and respecting their long-term welfare and best interests
- Promote the concept of a balanced lifestyle, supporting the wellbeing of the rider both within and outside of cycling
- Educate the riders as appropriate, including topics such as ethics and fair play, rules of competition, adherence to the Highway Code, Rights of Access, and performance-enhancing and recreational drugs
- Maintain up-to-date knowledge and practice through a commitment to continuing professional development (CPD)
- Promote good practice in others and challenge any poor practice that they become aware of, reporting to British Cycling and other agencies if necessary; and report any safeguarding concerns to the relevant Safeguarding Officer
- Respect their position of trust and maintain appropriate boundaries and relationships, particularly with participants under the age of 18 years

For all Riders, Parents/Guardians, Coaches, Volunteers and Club members:

- Photographs and/or videos may be taken for the purposes of coaching analysis or promoting/publicising club events. These images will be used by the Club to aid coaching, share news about the club, and to publicise club events and activities. Images may be used in press releases or the club social media outlets. They will be stored securely until use, after which the photos will be deleted. If you would prefer for you or your child not to be photographed, or if you would like to see your images, or would like us to delete them, please inform your Club Secretary
- Social media communications via the club's Facebook page, Instagram account or any any other social media channels or messaging applications should be restricted to club matters, must not offend, intimidate, humiliate or bully any member, rider, volunteer or those associated with the club or be misleading, false or injure the reputation of members
- All club members or parents / carers will be required to complete and sign a consent form for any still or moving images to be used by the club for PR/ marketing purposes including but not limited to social media platforms, the club website and marketing materials

Traffic light system for breaches of the Code of Conduct

Breaches of the Code of Conduct that take place within one year of membership will be subject to the following process. Verbal warnings must be clearly communicated to the individual so they definitely understand it's a verbal warning, not just a reprimand.

ONE BREACH	First verbal warning
TWO BREACHES	Second verbal warning
THREE BREACHES	Written warning to parent/guardian or to individual if an adult
FOUR BREACHES	Temporary suspension* until a board meeting to discuss the matter

**There may be instances where a single breach is serious enough for immediate temporary suspension, such as extremely abusive language or behaviour, violence and/or the harm or risk of harm to others.*

Additional rider behaviour expectations

We believe it's important to aspire to high standards in all aspects of life, not just on the bike. That means working on the mental side of your game in addition to the physical. Here are some of the additional expectations we have of our riders. Note that as you move up through the ranks, the standards you are expected to uphold get higher...don't worry, that's a good thing we promise!

NOVICE	INTERMEDIATE	EXPERT
Say hello and goodbye to your coaches each session – remember manners are free!	Say hello and goodbye to your coaches each session – remember manners are free!	Say hello and goodbye to your coaches each session – remember manners are free!
Turn up at least 5 minutes early for your session – you're either early or you're late!	Turn up at least 5 minutes early for your session – you're either early or you're late!	Turn up at least 5 minutes early for your session – you're either early or you're late!
Be respectful to your coaches and other riders at all times – always let the coach know if there are any issues.	Be respectful to your coaches and other riders at all times – always let the coach know if there are any issues.	Be respectful to your coaches and other riders at all times – always let the coach know if there are any issues.
Turn up with a can-do attitude, ready to have fun and put in some hard work!	Turn up with a can-do attitude, ready to have fun and put in some hard work!	Turn up with a can-do attitude, ready to have fun and put in some hard work!
	Push yourself outside of training times once or twice a week – from bunnyhops and manuals to press-ups and sit-ups. For advice just check-in with your coaches.	Push yourself outside of training times once or twice a week – from bunnyhops and manuals to press-ups and sit-ups. For advice just check-in with your coaches.
	Consider your own bike and equipment if you are taking the sport more seriously.	Have your own bike and equipment. Learn how to clean and maintain it.
		Carry basic tools for fixing at trackside – for help and advice on consult the coaches.
		Turn up with a clean bike for each session – clean bike = clean attitude!
		Train consistently outside of session times – including off-track sessions such as sprints or gym depending on rider age.
		Be able to train independently and carry out a coach prescribed activity or session in your own time.

In short...

ALL GROUPS

- Say hello and goodbye to your coaches each session – remember manners are free!
- Turn up at least 5 minutes early for your session – you're either early or you're late!
- Be respectful to your coaches and other riders at all times – always let the coach know if there are any issues or concerns
- Return your borrowed equipment promptly at the end of your session

INTERMEDIATE AND EXPERT

- Push yourself outside of training times once or twice a week – from bunnyhops and manuals to press-ups and sit-ups – for advice just check in with your coaches.

EXPERT

- Have your own bike and equipment
- Carry a basic toolset for fixing the basics – for any advice on this consult the coaches
- Turn up with a clean bike for each session – clean bike = clean attitude!
- Train consistently outside of session times – including off-track sessions such as sprints or gym work depending on rider age

Always cover your **BRAKES!**

Name (Parent/Guardian for members under 12)	
Signature	
Date	