Verulam CC – Code of Conduct

1. Purpose and Core Principles

This Code of Conduct outlines the expected **standards of behaviour and good practice** for all Verulam CC (VCC) members. It is designed to ensure the **safety and well-being** of members and to **protect and enhance the reputation** of the Club within the wider community.

- **Representation:** As a VCC member, you are a representative of the Club. Your conduct reflects on us all.
- **Respect:** Always demonstrate **respect, courtesy, and consideration** for fellow members, other road users, and the general public.
- **Safety:** Prioritize safety at all times, especially during Club activities.

2. Inclusivity, Equality, and Safeguarding

VCC is dedicated to encouraging a **supportive and inclusive culture** amongst all members. We commit to providing the opportunity for everyone who wants to ride their bike and be involved in the sport to be able to do so in a **safe, accessible, and supportive environment.**

- **Diversity:** Membership of the Verulam CC is open to anyone interested in the sport on application, **regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs**. We follow British Cycling's Diversity Policy and their commitment to a Diversity Action Plan.
- **Equality:** As a club affiliated with British Cycling, we adhere to the British Cycling Equality Policy.
- **Safeguarding:** We follow British Cycling Safeguarding Policies and Procedures when working with **U18 riders and adults at risk**. The Club is committed to the welfare and safety of our riders and has a dedicated Club Welfare Officer **(CWO)** to ensure these guidelines are applied and our members have a safe and positive cycling experience with VCC.

3. Expected Conduct (On and Off the Bike)

VCC is committed to maintaining an environment free from harassment, discrimination, and abuse. Members must uphold the highest standards of integrity and respect.

Prohibited Actions

The Club will not tolerate the following actions during any Club-related activity (including rides, races, social events, and digital communications):

- **Discrimination and Harassment:** Any act of abuse, violence, intimidation, **bullying, or harassment** against another person, including those in breach of the BC Equality and Diversity policies.

- **Illegal or Unsafe Conduct:**
    - Any act deemed **illegal**.
    - Riding while **under the influence of drugs or alcohol** to the extent that you are not in proper control of your bicycle.
    - Ignoring the **requests or instructions from officials** (e.g., Marshals, Police etc.).
- **Integrity:**
    - Damage to or **theft** of any person's property.
    - Use or encouragement of **banned substances** (as outlined in British Cycling's anti-doping policy).

4. Digital Communications Policy (Social Media, Slack, etc.)

Our digital platforms are for friendly and helpful exchanges. Please use common sense and maintain a tone of **respect and inclusivity**.

- **Respectful Debate:** Opinions are welcome, but avoid **personal attacks or 'flame wars'** (long, abusive exchanges). If you wouldn't say it in person, don't post it.
- **Language:** Refrain from using **swearing or offensive language**.
- **Inappropriate Content:** Posts that **discriminate** on the basis of race, gender, religion, disability, or any other characteristic will be **removed**.
- **Moderation:** Club moderators will only remove or edit posts that violate this code (e.g., offensive/discriminatory content). Posts will **not** be removed simply because another member disagrees with the opinion expressed.

5. Group Riding Etiquette & Safety

Club rides are **not races**. Members must always adhere to the **Highway Code** and act respectfully towards all road users.

Personal Responsibility

- **Kit: Wear club kit** on club rides and when representing VCC at races or sportives. **Equipment:** Always ride a **well-maintained bike** and **wear a cycle helmet**.
- **Readiness:** Unless racing, always carry the necessary tools and have the ability to
- deal with a puncture: **spare inner tube, tyre levers, and a pump/gas canister.**
- **Conduct:** Ride **safely, considerately, and courteously**, even if provoked.

Group Protocols

- **Communication: Learn and use** all common hand signals and verbal warnings. See our How We Ride guidance.
- **Formation:** Ride **no more than two abreast**. Move to **single file** on busy or narrow roads if appropriate and safe.
- **Instruction:** Respect the ride leader's instructions.
- **Flow & Safety:**
    - Anticipate traffic and allow the **entire group to negotiate obstacles** safely.
    - If the group splits, **slow down or stop safely** to regroup.

Verulam CC – Code of Conduct

- **Support:**
    - The group should **stop and assist** any rider with mechanical or physical problems.
    - The group should **wait for the last rider**, unless the dropped rider has explicitly requested to be left, or a prior agreement has been made. ○ **No rider should leave the group without first notifying the ride leader** or another member of the group.

Last updated: November 2025