



# CODE OF CONDUCT FOR MEMBERS

## 1.0 INTRODUCTION

- 1.1 Phoenix Cycling Club has a Code of Conduct to help create a culture amongst all members to ride responsibly and take ownership of their conduct when using the roads as part of Club activities or when riding in club kit.
- 1.2 This Code of Conduct is intended to support and enhance the reputation of the Club and importantly assist in making the roads a safer place for all road users. As the number of bikes and cars on our roads increases, cyclists have an important role to play in assuring the safety of all road users.
- 1.3 We all have the right to use the road but to ensure safety and mutual respect with car drivers. Responsible cycling is essential to maintain good relationships on the road and preserve the reputation of the Club. We also have a duty to behave responsibly, courteously and safely in the presence of other road users, for example horse riders, pedestrians and motorcyclists.
- 1.4 The purpose of the Code of Conduct is to outline the type of behaviours which members of Phoenix Cycling Club are expected to follow when engaged in club activities. It also applies to members who are not engaged in club activities but are wearing club Kit and are representing the Club. It is not an exhaustive description but summarises the core principles that members should adopt so long as they remain a part of the Club.

## 2.0 CLUB KIT

- 2.1 Wearing the Club kit whenever participating in a club activities is encouraged, especially weekend club runs and sportives.
- 2.2 Wearing club kit is compulsory when competing in an open racing event run under the auspices of Cycling Ireland.

## 3.0 BIKES AND EQUIPMENT

- 3.1 Each member is responsible for maintaining their bicycle in a good and safe condition so that it does not present a risk to themselves or those they may be cycling with.
- 3.2 In the winter months or when the weather demands it, fitting mudguards as a courtesy to other Club members is recommended.
- 3.3 Wearing an approved safety helmet when cycling is strongly advised and is mandatory on any club event whether it is a club run, sportive time trial or road race. The risk of serious head injury is greatly increased if a helmet is not worn and this is likely to be considered in the event of an insurance claim.



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3.4 All riders should carry a pump, tools, spare tubes etc. to ensure they can continue riding in the event of a mechanical problem.

### 4.0 ROAD SAFETY

4.1 The following is a non-exhaustive list of behaviours in respect of road safety which is expected of all members

4.2 Follow the recommendations of The Highway code regarding cyclists which can be accessed in this link, [www.direct.gov.uk/en/TravelAndTransport/Highwaycode/Cyclists/index.htm](http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/Cyclists/index.htm)

4.3 Stop at red lights.

4.4 Do not ride on the footpath.

4.5 Be predictable and always indicate your intentions.

4.6 Ride no more than 2 abreast and single out if the road narrows or to help traffic to pass safely.

4.7 Signal and/or call your intentions and point out hazards to ensure your safety and the safety of others riding with you.

4.8 At traffic lights and intersections depending on the conditions, stay in position behind queued vehicles rather than rolling up the side of stopped traffic.

4.9 Be especially cautious around lorries, buses, farm vehicles and horses. These can be unpredictable particularly if they are unaware of your presence.

4.10 Good quality front and rear lights are compulsory for evening rides.

### 5.0 CLUB RUNS

5.1 Ensure that one person is assigned as group leader / run captain.

5.2 Group Captains shall decide on the size of the group so that it is not too large and can be safely controlled on the roads that they are planning to ride. Consideration should be given to splitting groups larger than 12.

5.3 All riders must follow the instructions of the run captain.



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- 5.4 Keep together in one group unless agreed otherwise at the start of the ride or when leaving the coffee stop.
- 5.5 Stronger riders should show consideration to weaker riders, but all have a responsibility to make sure they are riding in a group that suits their ability.
- 5.6 Do not allow riders in the group to be dropped off the back, make sure the pace is kept at a level that all can cope with. Riders that are either too weak or too strong should consider riding in a more suitable group.
- 5.7 If you are struggling to keep up, then shout! The group needs to know, so the pace can be controlled.
- 5.8 If you leave a group ride on your own for whatever reason, please ensure that riders in the group know that you have done so and if possible that you have returned home safely (quick note on the Facebook page works well).

### 6.0 GENERAL BEHAVIOUR OF MEMBERS

- 6.1 Phoenix CC expects its members to behave in a way that demonstrates respect for other members, external stakeholders and their property, including the general public.
- 6.2 Phoenix CC expects that all members can enjoy an environment that is free from harassment. In this context, harassment is defined as any action directed at an individual or group that creates a hostile, intimidating or offensive environment.
- 6.3 Phoenix CC expects that all members can enjoy an environment that is free from discrimination. Discrimination is defined as not respecting the rights and dignity of every member of the club equally irrespective of gender, ethnic origin, age, sexual orientation or religion.
- 6.4 In considering whether a member's behaviour is acceptable, the following questions should be considered. If the answer to any is 'yes', the behaviour is likely to be unacceptable.
  - 6.4.1 Will the behaviour have a negative impact on the reputation of the Club?
  - 6.4.2 Does the behaviour create significant tension, disharmony or disunity within the Club?
  - 6.4.3 Could the behaviour be discrimination or harassment as defined above?
- 6.5 Acts of Gross Misconduct are as follows,
  - 6.5.1 Violence, intimidation, harassment or discrimination against another Club member;



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- 6.5.2 Any illegal act whilst participating in a club activity or whilst wearing club clothing;
- 6.5.3 Riding in a club events while under the influence of drink or drugs;
- 6.5.4 Theft of another member's or of the Club's property.
- 6.5.5 Ignoring requests or instructions from officials such as the police.

### 7.0 USE OF SOCIAL MEDIA

- 7.1 Social media refers to Facebook, Twitter, Instagram, Whatsapp and any other online app or forum used for communication between members.
- 7.2 The club Whatsapp groups should be used for communicating relevant cycling information. Think twice before posting.
- 7.3 All members of Phoenix Cycling Club should adhere to Cycling Ulster's online media policy can be accessed via the Cycling Ulster Website. <http://www.cyclingulster.com/key-documents/>