



Guidelines for Junior and Youth Riders taking part in Club Runs

1. Juniors (16-18 year olds)

- 1.1 All Juniors must complete at least one C group spin/ be considered safe/fit/experienced enough before joining faster club spins. A form should be signed and kept by club secretary/group captain/ and the parent /guardian (some way of doing this online)
- 1.2 Juniors are permitted to go with ability groups, with parental consent.
- 1.3 Juniors must have a charged, working phone with credit (in protective waterproof plastic) when going on a spin.
- 1.4 Parents' phone number(s) should be given to group leader.
- 1.5 Juniors on a spin must be accompanied by at least one adult and one Junior, or two adults, at all times.
- 1.6 Juniors are permitted to leave the spin to go home, with parental consent.
- 1.7 Juniors must notify the group leader when leaving the spin, and must send a text to the group leader when they have arrived home.

2. Youth (12-16 year olds)

2.1 Youths can only attend designated Youth runs or Club Spins when accompanied by a parent or guardian.

Youth Spins

- 2.3 Youth spins will be ability based.
- 2.4 Youth spins will start and finish in the same place.
- 2.5 Parents' phone number(s) must be given to group leaders.
- 2.6 Youths must have a charged, working phone with credit (in protective waterproof plastic) on every spin.
- 2.7 Youths must bring a tube, tyre levers, a pump, a small amount of money and some food on every spin.
- 2.8 If there is a puncture or crash, the whole group will wait together.
- 2.9 Youth riders will only be allowed to leave the spin to go home, if it is within 5km, with written parental consent. A text must be sent when they have arrived home.

2.10 Youths will be accompanied until a parent arrives at the spin pick up point.

2.11 There will be a minimum ratio of two adults to eight youth riders at every spin.

2.12 Distance Guidelines for Youths:

U14 Nov-Feb 30-50-60km

Mar-Apr 30-50km

U16 Nov-Feb 40-80-100km

Mar-Apr 70-90km

2.13 On every spin, youths will be coached in developing good group skills and good cadence.