



Code of contact for Young/Vulnerable Cyclists

Killarney Cycling Club and Cycling Ireland wishes to provide the best possible environment for young people involved in the sport of cycling. Young people deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. These participants have rights, which must be respected, and responsibilities that they must accept. Young people should be encouraged to realise that they have responsibilities to treat other participants and cycling leaders with fairness and respect.

Young cyclists are entitled to:

- Have fun
- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity and respect
- Have a voice in the club/organisation
- Participate on an equal basis
- Have fun and enjoy sport
- Experience competition at a level they feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say No
- To protect their own bodies
- Confidentiality

Young cyclists should always:

- Treat cycling leaders with respect e.g. commissaries, marshals, coaches, managers, selectors, club officials/mentors, Youth Leaders, etc.
- Cycle fairly at all times
- Respect team members even when things go wrong
- Respect opponents and be gracious in defeat – after a race praise each other's efforts and performance instead of dwelling on a result that you are not happy with.
- Abide by the rules set down by Team managers and Club Officials when traveling to events.
- Behave in a manner that avoids bringing down the reputation of cycling and cyclists which includes obeying the rules of the road
- Talk to a Children's Officer if they have any problems

Young cyclists should never:

- Cheat
- Use violence or physical contact
- Use bad language during training sessions or competitive events
- Shout or argue with officials, team mates, opponents, commissaries', marshals, etc. – if you need to speak to an official at an event arrange a time to speak with them after the event. Always bring a familiar adult with you when speaking to an official or commissaries
- Get into a car with a stranger during a cycling training session or race event.
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another cyclist
- Use unfair or bullying tactics to gain advantage
- Keep secrets, especially if they have been caused harm
- Tell lies about results/young people
- Spread rumors
- Play or train if they feel unwell or are injured