Code of Conduct for Members

Lakes Road Club is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all.

The Club believes that it is important that members, coaches, and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with Rebecca Preston, Club Welfare Officer or Rebecca Griffin, Chairperson.

As a member of Lakes Road Club, you are expected to abide by the following Code of Practice:

- All members will uphold the Club's Equality policy. Discriminatory behaviour and language on grounds of race, cultural background, sex, gender, or sexual orientation is not acceptable and will be challenged. We ask everyone, when riding on an LRC ride to have respect for their fellow riders and other road-users

- Members should recognise the valuable contribution made by coaches and officials who are volunteers. They give their time and resources freely

- All members should be a positive role model, treat other members with the same level of respect you would expect to be shown to you, using correct and proper language at all times

- Members are not allowed to use prohibited substances and smoking should be discouraged, especially in the presence of minors

- Bullying of any sort (including cyber bullying) will not be tolerated. Encourage everyone to enjoy sport and understand that people have different motivations for taking part

- Riders should be self-sufficient in terms of clothing, equipment and tools whilst undertaking rides with the Club

- We are fortunate to enjoy the beautiful roads and lanes of South Lakes. Our rides regularly take us through some very small villages, where resident's front doors can open directly on to the road. Please show respect for the residents of these and other villages, who may not be as agile as we are

- Members should follow the Highway Code at all times and respect ALL other road users

Code of Conduct for Officials and Volunteers

The essence of good ethical conduct and practice is summarised below.

All volunteers must:

- Consider the well-being and safety of participants before the development of performance
- Develop an appropriate working relationship with participants, based on mutual trust and respect
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. sportsmanship)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by British Cycling and the Club
- Hold appropriate valid qualifications
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations or the use of prohibited substances

Code of Conduct for Parents and Carers

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The Club believes that it is important that members, coaches, and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with Rebecca Preston, Club Welfare Officer.

As a Parent/Carer, you are expected to abide by the following Code of Conduct:

- Encourage your child to learn the rules and participate within them
- Discourage arguing with coaches and officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Set a good example by applauding good performances of all
- Never punish or belittle a child for making mistakes
- Publicly accept officials' judgements