

ACC Sunday Rides: Junior Riders

General

Much of this information is in the 2014 ACC handbook, and also on the ACC website: www.altoncyclingclub.org

ACC Sunday rides start from the Butts Alton at 9 am promptly. A list of rides and any deviations from the standard time or distance can be found on the ACC website.

The rides are usually divided into 2 or 3 groups depending on numbers with a fast and 2 medium paced groups. Riders in the 2 groups should expect to sustain 17-19mph and 13-16mph respectively and the typical distances are 45 – 50 miles in the winter increasing to 55- 65 miles in the summer.

North Hants CTC also organizes rides on Saturdays, which are generally of a slower pace and shorter distance than ACC rides and may serve as a useful introduction to group road riding. See www.nhampshirectc.org.uk for more details.

Under 14 years

These sorts of speeds and distances are beyond the capabilities of most under 14 year olds and if any parents did wish their child within this age bracket to join the ride it is **mandatory** that the child be accompanied by a parent or guardian who will take full and complete responsibility for the child at all times.

14 to 16 years

With some training and practice many 14 to 16 year olds are capable of achieving the required levels of fitness and endurance to join these rides. If they are not being accompanied by a parent on the ride, a signed parental consent form **MUST** be handed to the ride leader at the start of the first such ride that they attend. ACC reserve the right to disallow any junior without such a form from riding with the group. It would be very much our preference and recommendation that the junior be accompanied to the start, particularly of their first ride with us and that specific arrangements be made to meet up part way through their first ride to ensure that all is going well. A parent or guardian must be readily accessible by telephone throughout the duration of the ride

and the ride leader should be made aware of the required telephone number(s).

16 and Over

No formal parental consent form is required, but parents should still ensure that their offspring understand the type of event that they are taking part in, the physical requirements and skills that will be needed. At the very least they should ensure that they are obtainable by telephone should problems arise during the ride.

Please find appended general information regarding Sunday rides. Please note the requirements for equipment, which apply to juniors and seniors alike. In particular the bike needs to be fit for purpose, so a road bike not a mountain bike, in good mechanical order, mudguards fitted for winter riding, fitted with a pump and a rear light is advisable. Clothing must be fit for purpose, especially in the winter with plenty of warm layers and the carrying of a water/windproof jacket. Helmet wearing for juniors on club rides is mandatory. All riders will need to carry a small amount of money for coffee stop drinks and cakes.

Enjoying Club Runs

We all look forward to our weekends and for us cyclists an important part of our Saturday's or Sunday's (sometimes both!) is our club ride. However riding in a group does require some skills so that we are not a danger to ourselves or other members of the group.

Points that we all should bear in mind:

- The ride leader is responsible for choosing the route and ensuring that everyone completes the ride. Please note that Sunday rides normally finish at a Pub. The ride home from the Pub is not part of the leaders ride.
- The ride leader should ensure that any newcomers are aware of both verbal and hand warning signals.
- The ride leader should ensure that a parental consent form is completed for any under 16's joining the ride.
- Front of group riders should set a pace that everyone in the group can maintain.
- Front of group riders should change frequently so that the workload is shared.

- On very steep hills it is sometimes better for riders to climb at their own pace with a regroupment after the ascent.
- All riders should carry a spare innertube, tyre levers, and puncture repair materials. It can also be useful to carry a multi-purpose tool.
- All riders should carry means of identification and emergency contact details.
- The ride leader should make certain that no one is left behind without ensuring that they can complete the ride or get back home on their own.
- With regard to Insurance, particularly Third Party, and after one or two introductory rides, new members are strongly advised to take out membership of either (or both) British Cycling or the CTC. These organisations provide individuals with personal insurance when cycling either individually or within a group. The club is insured as an organisation to promote and conduct activities but this does not extend to individuals hence the strong recommendation.

Please note additionally that ACC does have a welfare officer in post and does comply with British Cycling guidelines. If you have any doubts about your child's ability to ride with the group or any questions at all, please contact one of the committee members of the club, contact details on the website.

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