



## Alton Cycling Club Rides: Junior Riders aged 16-18 years

Currently Alton Cycling Club (ACC) is only able to accommodate riders over 16 years of age.

### 1. General

- a. Much of this information is contained in the ACC website: [www.altoncyclingclub.org](http://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 on the 'Rides' tab.
- b. The rides are usually divided into 3 groups with club, medium and fast paced groups. Riders should expect to sustain the speeds of their chosen ride. Club rides are 12-14mph, Medium 15-16mph and Fast 15-18mph. Distances are 45 – 50 miles in the winter increasing to 55- 65 miles in the summer.
- c. Cycling UK Alton also organizes rides on Thursdays and 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: <https://www.cyclinguk-northhamphshire.org.uk/index.php/sample-page/>.
- d. A parental consent form should be completed by the parent/guardian of anyone under the age of 18 years wishing to take part in Alton Cycling Club activities or wishing to join the club. This is required for members and for non-members, click here <https://www.altoncyclingclub.org/wp-content/uploads/2023/11/2023-Parental-Consent-Form-Final.pdf>
- e. Please read our 'Rider Guidelines': <https://www.altoncyclingclub.org/wp-content/uploads/2022/03/20211215-Alton-CC-Rider-Guidelines.pdf> 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, with mudguards fitted if riding in winter.
- f. 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 all members, including juniors, is mandatory on club rides. All riders will need to carry a small amount of money for coffee stop drinks and cakes.

### 2. Group riding

- a. We all look forward to our weekends and for us cyclists an important part of our Saturdays or Sundays (sometimes both!) is our club ride.
- b. Riding in a group does require some skill so that we are not a danger to ourselves or other members of the group.
- c. To reiterate some of the points from the Rider Guidelines:



- i. The ride leader should ensure that a parental consent form is completed for any 16–18-year-olds joining the ride.
- ii. The ride leader is responsible for choosing the route and ensuring that everyone completes the ride. Please note that Sunday rides often finish at a Pub. The ride home from the Pub is not part of the leader's ride.
- iii. The ride leader should ensure that any newcomers are aware of both verbal and hand warning signals.
- iv. Ride with the group in the formation directed by the ride leader.
- v. All riders should carry a mini pump, spare innertube, tyre levers or tubeless plug kit. It can also be useful to carry a multi-tool.
- vi. All riders should carry means of identification and emergency contact details. In Case of Emergency (ICE) cards are available free as a benefit of ACC membership. Please contact club treasurer for details

### 3. Insurance

- a. After one or two introductory rides, new members are strongly advised to take out membership of either (or both) British Cycling or Cycling UK.
- b. 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.

### 4. Safeguarding

- a. We take club member welfare seriously and have a safeguarding and welfare policy: <https://www.altoncyclingclub.org/safeguarding/> Our club Welfare Officer, Ruth Stratford, is responsible for ensuring that any welfare concerns are met at club level. Our policy is fully compliant with British Cycling guidelines.
- b. If you have any doubts about your child's ability to ride with the group or any questions at all, please contact Ruth or any one of the committee members of the club, contact details on the website.

Alton Cycling Club  
November 2023