

HADLEIGH CYCLING CLUB

SAFEGUARDING CHILDREN ON ADULT RIDES

This guidance is for leaders of club rides where children and young people are participating and supplements the club's safeguarding policy.

Key points:

1. Children and young people between 11 and 16 can join club rides as long as they are accompanied by a parent or guardian who is responsible for the safety and well being of the child.
2. Young people aged 16-18 need to provide written consent from a parent/guardian
3. British Cycling's best practice guidance is that riders should be competent at a level equivalent to the Level 2 Cycle Training Standards.
4. It is the parent/guardian's responsibility to ensure that their child is capable of completing the ride and has a contingency plan in place if not.
5. The ratio of adult to child will depend on the age and cycling ability of the child. It must be no more than 1 adult to 2 children and may be 1:1 if felt appropriate by the ride leader.
6. The ride leader has a duty of care to:
 - Ensure that the parent understands their responsibilities,
 - Consider the needs of the child when planning the route,
 - Assess the risks beforehand taking into account any issues posed by the inclusion of young rider(s) in the group: e.g. Would a 'reasonable parent' allow their child to cycle on the route proposed? What happens if the group fractures? In certain situations it may be unavoidable – a young person may get left alone with just one adult. It is difficult to cover every eventuality and dynamic risk assessments have to be made.
 - Communicate in an age-appropriate way,
 - Alert the parent to any risks that they may not be aware of,
 - Know the HCC safeguarding policy and when and how to contact the HCC safeguarding leads and welfare officer
7. Ask the parent/guardian to read and sign the form below.

Things to think about:

1. Check out the club's safeguarding policy
2. Speak to the responsible adult/parent before setting out to clarify their responsibilities, check out that the planned ride is suitable and agree a contingency plan if not.
3. Make sure that the parent and child understand the signals needed when cycling in a group on roads
4. Introduce yourself to the child/young person
5. Have the Club Welfare Officer (safeguarding lead) contact details
6. Make sure than the responsible adult stays near to their child throughout the ride
7. Notice and act if the child/young person is being left behind or going too far ahead
8. Check that other riders appreciate the needs of any children/young people
9. Take action if you have any worries about the safety or well-being of the child/young person during the ride

HCC Safeguarding Lead contact details:

Kate Billingham 07710757470

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SAFEGUARDING CHILDREN ON ADULT RIDES: INFORMATION FOR PARENT/GUARDIAN

Hadleigh Cycling Club is a family club and we welcome the engagement of children and young people in our cycling activities. This information is for parents and guardians of children under the age of 16 who wish to join a road-based club ride. Please read and sign and give to the ride leader on the day.

- I understand that I am responsible for my child/ren's safety and well-being at all times when I accompany him/her on club rides
- I have considered my child/ren's ability to ride on public roads and complete the planned route and am confident that the ride is within their competence
- I have considered the needs of my child/ren while out riding and ensure they are adequately prepared e.g. appropriate clothing, spare tubes, sufficient water and feed.
- I will ensure that my child/ren understands signals and is able to signal competently where appropriate and required
- I will ensure that my child/ren can understand and receive instructions and act accordingly and appropriately
- I have a contingency plan to get my child/ren to the finish or home should an unplanned event happens during the ride e.g. mechanical issue beyond a roadside repair
- I have read the club's safeguarding policy
- I know who the club's Welfare Officer and Safeguarding Officer are and how to get in touch

Name of child/ren

Signed

Date