



Mossley Cycle Racing Team

Application Date _____

Forename: _____ Surname: _____ Date of Birth: _____

Gender: Male Female

Address: _____

Postcode: _____

Telephone No: _____ Mobile No: _____

Email: _____

Annual membership fees:

Senior	£ 15.00	<input type="checkbox"/>
U18	£ 10.00	<input type="checkbox"/>
Social (Non-Rider)	£ 10.00	<input type="checkbox"/>
Family (See **below)	£ 30.00	<input type="checkbox"/>
Second Claim Senior	£ 10.00	<input type="checkbox"/>
Second Claim Under 18	£ 5	<input type="checkbox"/>

**Family membership includes all immediate family (parents and children under 18 years of age) A separate form must be completed for each member of the family. Children reaching the age of 18 at the start of a year must join as a Senior member.

All cheques payable to **MOSSLEY C.R.T.**

Ethnicity

White: White British
 Irish
 Other _____

Black or Black British: Carribean
 African
 Other _____

Asian or Asian British: Indian
 Pakistan
 Bangladesh

Religion

Christian
 Buddist
 Hindu
 Jewish
 Muslim
 Sikh
 Other _____

Undisclosed
 No Religion

Disability Information

The Disability Discrimination Act 1995 defines a disabled person as anyone with, 'a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities.

Do you consider yourself to have a disability? _____

If yes, what is the nature of your disability? _____

Medical Information

Please detail below any important medical information that our coaches/club should be aware of (e.g. epilepsy, asthma, diabetes, a recent injury, etc). Medical condition(s) and recommended treatment/actions to be taken if symptoms appear: **If you have any concerns about your child participating in any form of physical activity then please consult your GP before giving permission for your child to take part in cycling activity sessions.**

Internal use only

Member ID:
Race Category:
BC Number:



Mossley Cycle Racing Team

Parental Consent

It is necessary to obtain consent for your child to take part in any Go-Ride/Club activity. If you wish your son/daughter to participate, then please read the following information, complete the form below and sign the Parental Consent Notice. All Coaches are trained British Cycling Coaches that have received training in Safeguarding and Protecting Children, and have been checked and cleared through the Criminal Records Bureau. Any information provided about your child will be kept confidential and secure. It will only be used for the purpose of contacting you or your child regarding future club and Go-Ride events. With your permission the club may also take photographs/video footage during Go-Ride / Club activity. These images could be used in coaching resources, placed on the club's website, or for general publicity purposes.

I, being the parent/guardian of _____ understand and agree that my son/daughter participates in coaching sessions under instruction by British Cycling coaches entirely at his/her risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume responsibility for his/her safety.

Programme details

Name/Location _____ Date _____

Participation details

Name: _____ Age Group:
 0 - 7 () 12 - 13 ()
 8 - 9 () 14 - 15 ()
 10 - 11 () 16 - 17 ()

Date of Birth: ___/___/___ Sex: M () F ()

Address: _____ Postcode: _____

British Cycling Membership Number (if applicable) _____ Home Telephone: _____

Parental Consent - I have read the information contained overleaf and declare that I have the right to give parental consent, and hereby consent to my child taking part in this Go-Ride/Club activity.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Emergency Contact Details

Name: _____ Relationship to Rider: _____

Telephone No: _____ Mobile No: _____

If you are not happy for photographs/video footage of your child to be taken and used, please tick here:

Signed Parent/Guardian: _____

- By returning this completed form, I agree to the child named above taking part in the activities of the club.
- I understand that I will be kept informed of these activities - for example timing and transport details.
- I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.
- A cycling helmet must be worn at all time during activity.
- It is the parents responsibility to ensure their childs bike is in safe condition to ride.
- Any participants who persistently misbehave or put others in danger will be asked to leave the activity and will not be allowed to attend in future.

Mossley Cycle Racing Team

Code of Conduct

Parents/Carers and, Adult Members, Volunteers Other Supporters

As a parent/carer of a member of the club, you are expected to abide by the following code.

I will:

Inform the coach of any specific health requirements or medical conditions of my child in advance of the coaching session by completion of a club membership form or a parental consent form.

Advise the coach if my child has to leave early or is being collected by someone other than a parent/carer, giving details of the arrangement including who will be collecting my child, when and at what time.

Encourage my child to learn the rules and play within them.

Discourage unfair play and arguing with officials.

Help my child to recognise good performance, not just results.

Set a good example by recognising fair play and applauding the good performances of all.

Never punish or abuse a child for losing or making mistakes.

Publicly accept officials' judgments and teach children to do likewise.

Support my child's involvement and help him/her to enjoy his/her sport.

Use correct and proper language at all times.

Remember that children participate in sport for their enjoyment, not mine.

Support all efforts to remove verbal and physical abuse from sporting activities.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, disability, cultural background or religion.

Show appreciation and respect for coaches, officials and administrators.

Remember, without them, your child could not participate.



Mossley Cycle Racing Team

Code of Conduct

Riders

As a member of the club, you are expected to abide by the following code.

I will:

Arrive for training and competition in good time to prepare properly.

Wear suitable kit (including a helmet) and clothing for all cycling activity sessions, as agreed with the coach.

Warm up and cool down properly on all occasions.

Play within the rules and respect officials and all their decisions.

Be a good sport by applauding all good performances, whether they are made by my club or the opposition.

Control my temper - verbal abuse of officials and other riders, or deliberately distracting/provoking an opponent is not acceptable or permitted behaviour in any sport.

Work equally hard for myself and my club - remember, the club's performance will benefit, and so will I respect the rights, dignity and worth of all participants regardless of their gender, ability, disability, cultural background or religion.

Pay any fees promptly.

Abide by the rule that junior members are not allowed to smoke on club premises or while representing the club at competitions.

Abide by the rule that junior members are not allowed to consume alcohol or drugs of any kind on club premises or while representing the club.

Treat all participants in cycling as I would like to be treated - not bullying or taking unfair advantage of another participant.

Cooperate with my coach, club mates and opponents - remember, without them there would be no competition.

Thank officials and opponents after competition.

Mossley Cycle Racing Team

Reporting a concern involving a child

Name of child	
Age and date of birth	Ethnicity
Religion	First language
Disability	Special factors
Parent's/carer's name	
Home address and contact number	
Are you reporting your own concerns or passing on those of somebody else? Please give details	
Brief description of what has prompted the concerns: include dates, times, etc., of any specific incidents	
Any physical signs? Behavioural signs? Indirect signs?	

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Reporting a concern involving a child continued...

Have you spoken to the child? If so, what was said?

Have you spoken to the parent(s)? If so, what was said?

Has anybody been alleged to be the abuser? If so, please give details?

Have you consulted anybody else? If so, please give details?

Your name and position

To whom reported and date of reporting

Signature

Today's date

British Cycling Child Protection Lead Officer: mobile 07932 009601 office 0161 274 2041
 NSPCC Helpline: 0808 800 5000 (from NSPCC 'Sportsdesk', 2000)

Complete as fully as possible but do not delay reporting for lack of information

Mossley Cycle Racing Team Officials

Club chairman

Andrew Harrop
e andyharrop_11@yahoo.co.uk
m 07714791641

Welfare officer

Karen Richter
e m.richter@ntlworld.com
m 07908782327

Treasurer

Mike Richter
e m.richter@ntlworld.com
m 07908782327

Club secretary

Martin Williamson
m 07885621757

Youth Representative

Kirstie Williamson
e kj_96@hotmail.co.uk
m 07904673066

Committee

Club chairman
Welfare officer
Treasurer
Club secretary
Go-Ride Dowson

Plus

Fred Hewitt (Coach)
e fahewittfmmotors@virginmedia.com
m 077595089528

Mark Bates
e markbates1974@googlemail.com
m 07527872289

Kirstie Williamson
e kj_96@hotmail.co.uk
m 07904673066

Sue Williamson
e susanwilliamson0@googlemail.com
m 07808857547

Coaches

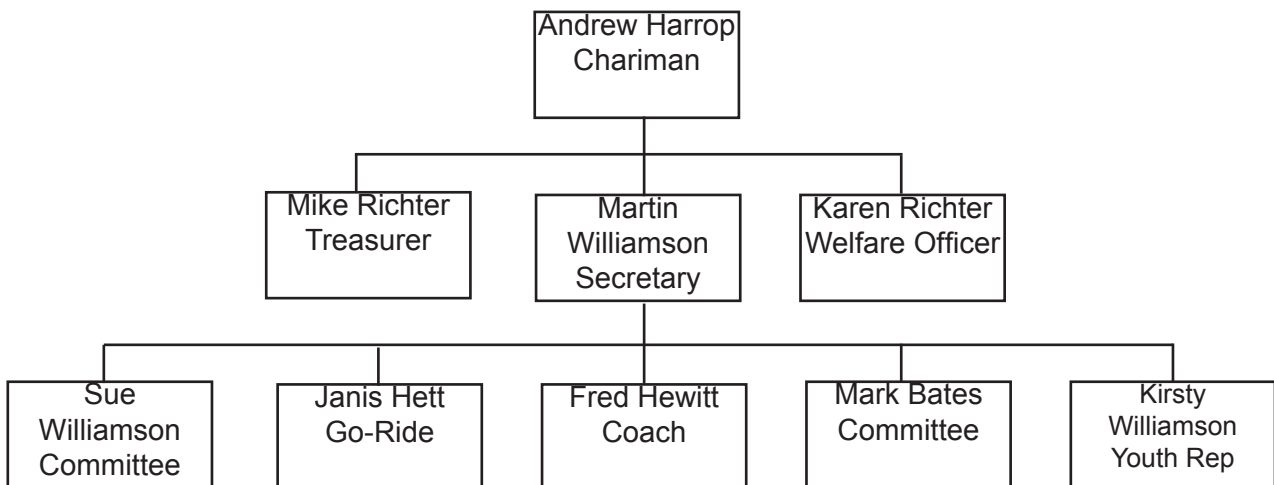
Fred Hewitt (Coach)
e fahewittfmmotors@virginmedia.com
m 077595089528

Andy Saint (Coach)
e rugbyst@hotmail.com
m 07709310137

Go-Ride - Dowson School

Janis Hett
e Janis.hett@btinternet.com
m 07806874187

Club Hierarchy



Mossley Cycle Racing Team Club Constitution

1. The club will be called: Mossley Cycle Racing Team.

2. The Purposes of the Club

The purposes of the Club are to promote the amateur sport of Cycling in Mossley and surrounding areas and community participation in the same.

3. Permitted means of advancing the purposes

The Committee has the power to:

- Acquire and provide grounds, equipment, coaching, training and playing facilities, clubhouse, transport, medical and related facilities.
- Provide coaching, training, medical treatment, and related social and other facilities.
- Take out any insurance for club, employees, contractors, players, guests and third parties.
- Raise funds by appeals, subscriptions, and charges.
- Set aside or apply funds for special purpose or as reserves.
- Co-operate with or affiliate to firstly any bodies regulating or organising the Sport and secondly any club or body involved with it and thirdly with government and related agencies.
- Do all other things reasonably necessary to advance the purposes.

NONE of the above powers may be used other than to advance the purposes consistently with the Rules below and the general law.

4. Membership

- Membership of the Club shall be open to anyone interested in the sport on application regardless of sex, age, disability, ethnicity, national, sexual orientation, religion or other beliefs. However, limitation of membership according to available facilities is allowable on a non-discriminatory basis.
- The club may have different classes of membership and subscriptions on a non-discriminatory and fair basis. The Club will keep subscriptions at levels that will not pose a significant obstacle to people participating.
- The Club Committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the Club or sport into disrepute. Appeal against refusal or removal may be made to an appointed panel consisting of club members.

5. All General Meetings

- All members may attend all general meetings of the Club in person.
- Such meetings need 21 clear days' written notice to members.
- The quorum for all general meetings is 6 members present.
- The Chair or (in his or her absence) another member chosen at the meeting shall preside.
- Except as otherwise provided in these Rules, every resolution shall be decided by a simple majority of the votes cast on show of hands.
- Formalities in connection with General Meetings (such as how to put down resolutions) shall be decided by the Committee and publicised to Club members.

6. Annual General Meetings (AGM)

The Club will hold an AGM once in every calendar year and not more than 15 months after the last AGM.

At every AGM:

- The Members will elect a Committee including a Chair, Treasurer and Secretary to serve until the next AGM;
- The Treasurer will produce accounts of the Club for the latest financial year audited as the Committee shall decide;
- The Committee will present a report on the Club's activities since the previous AGM;
- The Members will appoint a suitable person to audit the accounts;

- The Members will discuss and vote on any resolution (whether about policy or to change the Rules) and deal with any other business put to the meeting.

7. Extraordinary General Meeting (EGM)

An EGM shall be called by the Secretary within 14 days of a request to that effect from the Committee or on the written request of not less than 6 members signed by them. Such an EGM shall be held on not less than 14 or more than 21 days' notice at a place decided upon by the Committee or in default by the Chair.

8. The Committee

A Role

Subject to these Rules the Committee shall have responsibility for the management of the Club, its funds, property and affairs.

B Property etc.

- The property and funds of the Club cannot be used for the direct or indirect private benefit of members other than as reasonably allowed by the Rules.
- The Club may provide sporting and related social facilities, sporting equipment, coaching, courses, insurance cover, medical treatment, event expenses, post event refreshments and other ordinary benefits of Community Amateur Sports Clubs as provided for in the Finance Act 2002.
- The Club may also in connection with the sports purposes of the club:
 - a Sell and supply food, drink and related sports clothing and equipment;
 - b Employ members (though not for riding) and remunerate them for providing goods and services, on fair terms set by the Committee without the person concerned being present;
 - c Pay for reasonable hospitality for visiting teams and guests;
 - d Indemnify the Committee and members acting properly in the course of the running of the Club against any liability incurred in the proper running of the Club (but only to the extent of its assets).

C Composition etc.

- The Committee shall consist of at least three and not more than 8 members (including Officers).
- The Committee members may co-opt club members (up to the maximum permitted number) to serve until the end of the next AGM.
- Any Committee member may be re-elected and re-co-opted to serve a term of 1 - 2 years, concurrent standing is permitted if successors are not found.
- A Committee member ceases to be such if he or she ceases to be a member of the Club, resigns by written notice, or is removed by the Committee for good cause after the Member concerned has been given the chance of putting his/her case to the Committee with an appeal to the Club members, or is removed by club members at a general meeting. The Committee shall fairly decide time limits and formalities for these steps.



Mossley Cycle Racing Team Transportation

I give permission for Mossley cycle racing team to transport my child to races and events and to act in parental loci in my absence.

Child's name _____

Emergency contact _____

Signed _____

Note: It is your responsibility as a parent/carer to verbally inform Mossley cycle racing team of any illness or allergies which may be relevant.

Mossley Cycle Racing Team

Safety check

Frame

Check for damaged/bent frame and forks. If there is visible distortion, the bicycle should not be used.

Headset and brakes

Check that the brakes actually work and are properly adjusted. When the brakes are fully on, the lever should have been pulled approximately half way to the handlebars.

Check that the brake levers are securely attached and the cables are not frayed.

The brake pads are not excessively worn and there should be at least 1mm between the pad and the rim.

Check adjustment of headset by engaging the front brake and seeing if there is any rocking movement when gently push on the handlebars, there should be no movement.

Wheels and tyres

Check that the wheels run freely, with no excessive wobbles/buckles.

Check for loose spokes by running your hand over the spokes.

Check that the tyres are inflated to a reasonable pressure. Manufacturer's recommendations will be indicated on the side wall of the tyre.

Ensure that the tread is not excessively worn and the tyres should have no splits, cracks or holes.

Hubs and axles

Check that bolts and quick-release mechanisms are securely tightened.

Saddle and handlebars

Check to see if either are loose, but do not use undue force.

Check that the saddle is straight.

Check that the saddle height is correct. The rider's knees should be slightly bent when the ball of their foot is on the pedal and the pedal is at its lowest point.

Check that the handlebars and stem are straight and in line.

Check that the handlebars have end plugs. Pedals, cranks and bottom bracket.

Check that there is no movement in the bottom bracket or cranks by holding one crank still and trying to move the other crank.

Check that the pedals rotate freely.

Chain and gears

Check that the chain is lubricated properly and is not slack or rusty.

Check that the gears are properly adjusted and lubricated, and cables are not frayed.

BMX trick nuts

For safety reasons, these should be removed if group riding is included in the session.

Helmet Check

All cyclists participating in a coaching session conducted by a British Cycling licensed coach must wear a cycling helmet. The helmet should have a CE mark and conform to an appropriate standard such as BS EN 1078:1997 or SNELL B95.

Check that the helmet is fitted and worn correctly:

Make sure it is the right way round. This is particularly important with children.

It should be placed on the top of the head with the straps fastened under the chin.

The front strap should be as vertical as possible and the rear strap should join the front strap just below the ears (forming a 'V' just under the ears).

The helmet should fit comfortably on the head; if you try to move the helmet, there should be very little movement.

If you can slide the helmet off the head, either backwards or forwards, you need to tighten the straps. Always get the cyclist to take the helmet off before adjusting the straps.

Clothing check

Look out for the following:

Baggy clothing - this can get caught in moving parts.

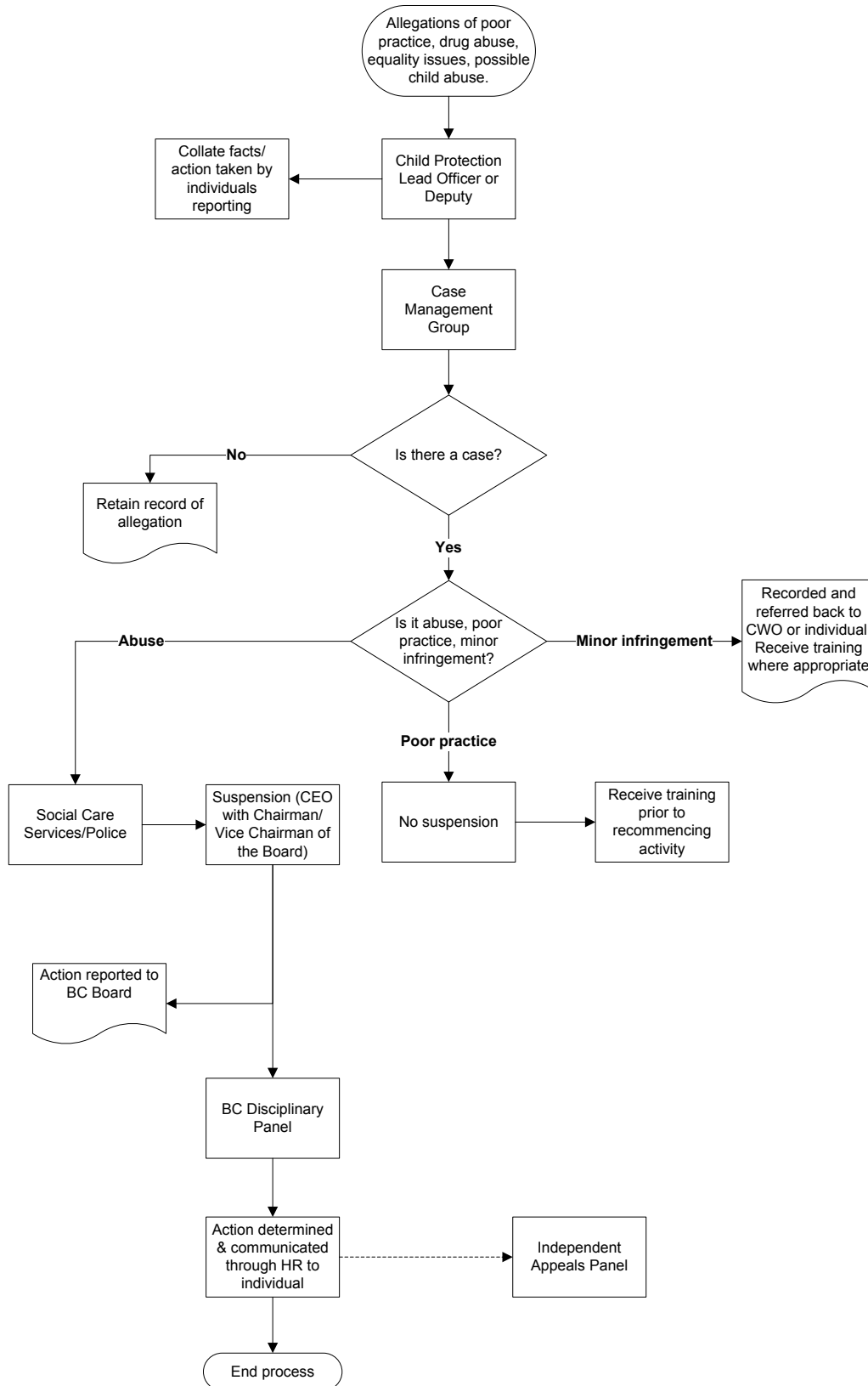
Trousers and tracksuit bottoms, should be tucked in to prevent them becoming entangled in the chain.

All cyclists must wear shoes with shoe laces tucked in.

The clothing must be appropriate for the weather and environmental conditions (eg warm, waterproof etc).

Mossley Cycle Racing Team

Poor Practice/Abuse



WARNING !

"DON'T GIVE THIEVES AN EASY RIDE ON YOUR BIKE"

Mossley Cycle Racing Team can help you protect your bike by security marking it, ask us its **FREE** to members.

tips

- > Always lock your bike to something securely fixed to the ground.
- > Lock the frame and preferably both wheels to the stand using a security device such as a D-shaped shackle lock.
- > Don't leave your bike in an isolated place and remove lights, quick release wheels and saddles where possible.
- > Security mark your bike, take pictures, log serial number and record the details.
- > If your bike is stolen report it immediately to crimestoppers below.



TO PROTECT IT - REGISTER IT

Pedal cycles can be registered on www.immobilise.com, a free property registration database linked to police systems, that will help reunite you with your bike should it be stolen and later found.

...REGISTER IT
...MARK IT
...LOCK IT



IMMOBILISE 
PROPERTY CRIME

