



EVOLVE GO RIDE
Parents Information Pack

Uxbridge Rd, Harrow
HA3 6SW
(Parking is available)

Dear Parents,

We look forward to welcoming you and our go riders on 4th of March, at the Bannister Stadium. The term begins on 4th March and ends on 1st April 2022. **Please complete our Go Ride and British Cycling Parental consent form [here](#).**

Please join our go ride parents telegram [here](#):-

We will only pass riders through the assessment once they have met the safety requirements and the coaches are satisfied they are ready for the next group. Don't worry if they haven't passed first time round – your coaches will let you know what you need to improve on before the next assessment, so do talk to them!

Session Timings:

Ready set ride/Ride and Bronze Awards	Start
Register and collect a bib	5:45pm
Sessions start	6:00pm
Sessions end	7:00pm

**Ready Set Ride
Training Apron**

Registration Desk

Parking



**Ride and Bronze
On Track**

First Aid Provision

There will be full first aid cover for the day. In the unfortunate event, if a rider needs to be taken to hospital, the nearest A&E hospital is:

Northwick Park Hospital
Watford Rd, Harrow HA1 3UJ

First Aiders: Iffat Tejani and Alia Merali

Welfare Officer: Fatim Panjwani/Alia Merali/Iffat Tejani. Email: evolvecyclingnetwork@gmail.com

On the day, Evolve volunteers will be onsite. Please don't hesitate to ask for any assistance/help.

We will have coffee/tea and cakes available for parents to purchase for £1.00

Parent/ Guardian Code of conduct

Evolve cycling club believes that parents should follow the club's code of conduct to make the Go- Ride Award programme successful. The club would expect parents must

- ❑ **Be on time** – once a session is underway, it is very difficult for children to join in. It's essential you are not late.
- ❑ **Be contactable** at all times during the go ride activity. Always be present at the designated start and end of a scheduled activity.
- ❑ **Once riders dropped off** for registration, parents/guardian must move away. **Do not congregate in front of the track.**
- ❑ **Please do not walk** on the circuit or cross any of the barriers we have put in place. Remain behind the barriers and follow the instructions of the Evolve Marshals and club officials at all times.
- ❑ Once coaching is in session, **parents are expected to stay away from the usual congregation hotspots.** Use the café, public park and enjoy the sunshine, away from the coaching areas.
- ❑ **Do not interrupt** coaching sessions or talk to the coaches or children while coaching is in session. Please wait until the end of the session if you need to discuss anything. Please **do not offer instructions to the children as the same time as the coaches.**

Parent/ Guardian Code of conduct

- ❑ **Be a role model** for children and maintain the highest standard of conduct when interacting with children, other parents, officials and organisers.
- ❑ **Ensure your child** is properly prepared for the planned activity considering weather conditions, nutrition and bike maintenance.
- ❑ **Always recognise** the value and importance of volunteers who provide sporting/recreational opportunities for your child.
- ❑ **Parents/Guardians are expected** to set an example of good conduct and sporting behaviour while their child is taking part in a session or representing the club.
- ❑ **Parents/Guardians are expected to support** their child's involvement and enjoyment of the sport and help them to appreciate performance as well as results.
- ❑ **Swearing, inappropriate language or any other form of verbal abuse is not acceptable and will not be tolerated.**
- ❑ Club Officials and Coaches should be treated with respect at all times.

Can You Help?

- ❑ We recognise that everyone has differing constraints limiting the amount of time that they can give. However, **we would appreciate help a few times during the term** – more if you are able. Every contribution makes a massive difference – whether it's assisting sessions, helping us clear up the equipment or basic admin support. Get in touch or email us if you can help at **evolvecyclingnetwork@gmail.com**.

At an Evolve Go Ride session you agree to the following Code of Conduct and are expected to uphold it at all times while taking part in a club session.

Rider Safety

- ❑ All riders must follow Coaches' instructions at all times.
- ❑ All riders **MUST** wear a helmet whenever on their bike.
- ❑ All riders must stay with their training group unless authorised by a Coach or Club Official to leave the group.
- ❑ All riders should check with a Coach or Club Official when going to the toilet or going back to your parents
- ❑ All riders are expected to make sure their bike is safe to ride and in the correct gearing for their age group **before** the session.

Note: Riders accept that bikes adjusted or repaired by Club Officials as requested by the owner are done so at the owner's risk, and the Club cannot be held responsible for any loss or damage arising from this however caused.

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Rider Conduct

- ❑ All riders should treat their fellow club mates, Coaches and Club Officials with respect at all times. This includes respecting ability, gender and culture.
- ❑ Bullying or taking advantage of another rider is not acceptable and will not be tolerated. This includes distracting or deliberately provoking another rider.
- ❑ **Swearing, inappropriate language or any other form of verbal abuse is not acceptable.**
- ❑ **Please treat everyone with respect!**

EVOLVE CYCLING CHILD PROTECTION POLICY

Statement of Commitment to Child Protection

Evolve Cycling Network believes that it is unacceptable for a child, young person or vulnerable adult to experience abuse of any kind and recognises its responsibility and duty of care to safeguard their welfare.

Child protection is integral to our Safeguarding Policy which is distributed to all volunteers. Volunteers are required to sign up to confirm they have received, read and understood this Policy. All volunteers are also required to adhere to our Code of Behaviour in relation to children, young people and vulnerable adults riding with Evolve Cycling.

Our Safeguarding Policy clearly states that if any volunteer has a safeguarding concern this should be immediately reported to the named Evolve Cycling Network Nominated Safeguarding Person or the Deputy for advice. Contact numbers are on this document

This Policy will be reviewed annually or following any issue or concern raised about the protection of children, young people or vulnerable adults who are accessing the services provided by the Evolve Cycling Network.