



## HHYCC Club rides

The Dulwich Paragon (DP) and Herne Hill Youth Clubs offer this opportunity for young riders (10+) attending the 11am – 1pm Saturday sessions, to join Club rides outside of Herne Hill Velodrome. HHYCC Club rides are designed to provide a progression for riders from young Beginners to Adult riders.



The Club rides are run on the following schedule...

<b>Week 1</b>	Road ride, loosely following the DP route	all 12's Youth and Juniors, and over 10s (those racing)
<b>Week 2</b>	Girls ride	All over 10s girls
<b>Week 3</b>	Off road, (includes some road riding)	10 – 12 years
<b>Week 4</b>	Alternate Road ride, or Off road, (includes some road riding)	all 12's Youth and Juniors, and over 10s (those racing)
<b>Weekly</b>	Road or Off Road ride with Dulwich Paragon	Youth (O14) and Juniors (O16)

**It is important to note that these rides are not Coached, and they may be led by people deemed competent, but not necessarily trained by British Cycling.**

## Details

All the rides will include some road riding, and will take around 3 hours. Adults are encouraged to join the rides alongside participants. The rides will start at **Herne Hill Velodrome** at 10:00, and will aim to be back at the Velodrome by 1pm, except the Youth and Junior ride (see below).

Coaches will assess riders for suitability to join the rides, and will suggest goals in order to do so.

Previous attendance of a Bikeability course is recommended.

**Emergency contacts must be available to pick up their riders on the route if needed**

## Youth (Over 14) and Junior (O16) Road rides

These vary in route, distance and discipline throughout the year, road rides are generally between 40 and 50 miles long, off road rides around 30 miles. They're aimed at the older and stronger Youths, Juniors and Espoires who are keen to hone their race fitness and skills. The ride meets every Saturday of the month. The rides meet at 9:00am at **Herne Hill Velodrome** for a 3-3½ hour ride at a steady pace.

We also are encouraging anyone aged over 10, and who is actively racing to join in these rides. We will accommodate differing strengths and stamina's.

## The following rules always apply for participating members:

1. Helmets must be worn



2. Riders must have British cycling Silver membership. Use the code NEWCMRA for Race membership for reduced or free membership for the first year to youth riders.  
<https://www.britishcycling.org.uk/membership>
3. Riders must be members of HHYCC and/or Dulwich Paragon
4. All riders must follow the Highway Code at all times when riding on HHYCC Club rides. This includes:
  - Riding no more than two abreast and riding in single file to allow traffic to pass on narrow roads,
  - Obeying traffic lights and signs,
  - Not riding on pavements,
  - Not abusing other road users, however tempting.
5. Riders must be respectful of others

### Riders must come prepared. Please bring:

6. A **well maintained Bike** capable of a 2-3 hr ride. We cannot do repairs on the ride
7. An Emergency contact number and name to be carried in a waterproof bag  
**Emergency contacts must be available to pick up their riders on the route if needed**
8. Spare inner tubes and a pump. Make sure your inner tube valve fits your rim
9. Suitable clothing for the weather and duration for the ride
10. Money for emergency buns
11. Food (banana, energy bar) and water
12. ...and if it's your first ride with us a signed parental consent form and rider information (below)

### How to participate

Each ride can only accommodate a limited number of young riders and we may need to make alternate plans should this be a problem. Parents are welcome to help with the rides.

If you have any further questions please email us at [dp\\_rides@hhycc.com](mailto:dp_rides@hhycc.com) or talk to any of the HHYCC coaches during the Saturday sessions.

Ride	Jan	Feb	Mar	Apr	May	Jun	Jul	Group
<b>Week 1:</b> Road ride, loosely following the DP route)		3rd	3rd	7th	5th	2nd	7th	all over 12's Youth and Juniors and racing 10s
<b>Week 2:</b> Girls ride		10th	10th	14th	12th	9th	14th	10 years +
<b>Week 3:</b> Off road, (includes some road riding)		17th	17th	21st	19th	16th	21st	10 – 12 years
<b>Week 4:</b> Road ride, loosely following the DP route <b>or</b> Off road, (includes some road riding)	27th	24th	24th	28th	26th	23rd	28th	all over 12's Youth and Juniors and racing 10s
<b>Weekly DP ride</b>								Youths and Juniors

**Reminders are posted on our Facebook page - search for HHYCC and request to join the club page**

# Rider Information and Parental Consent Form for Participating in Dulwich Paragon / Herne Hill Youth Cycling Clubs on the Public Highway



## 1 Rider Details

First Name:		Surname:	
Gender:	Male / Female	Date of Birth:	Age:
Address:			
		Postcode:	
Home Tel:		Mobile:	
Email:			
Cycling Club:(if appropriate)			
British Cycling membership number			

## 2 Emergency Contact Details

First Name:		Surname:	
Relationship to Rider:		Home Tel:	
Work Tel:		Mobile:	

## 3 Medical and Specific Needs

Please give details of any medical or health conditions that might affect your participation in cycling and what support/modifications are needed:

Please list any medications you take on a regular basis:

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Please give details of any specific needs of which the coach should be aware, and what support/modifications are required:

**4 Other Rider Information**

Previous cycling experience:

What other sports do you participate in regularly? How often?

Why are you attending the sessions?

What do you want to achieve from the sessions?

In the long term, what do you want to achieve from your participation in cycling?

Please detail any other specific information that is relevant to participation in cycling activity sessions:

# Rider Information and Parental Consent Form for Participating in Dulwich Paragon / Herne Hill Youth Cycling Clubs on the Public Highway



## Parental/Guardian Consent for Participating in Club rides on the Public Highway

I, being the parent/guardian of \_\_\_\_\_, have read the information on this form and the following notes, and consent to my child taking part in the coaching sessions conducted on the public highway. My child is 10 years old or older and can cycle at a level equivalent to, or exceeding, the Level 2 Cycle Training Standards\*.

I understand and agree that my son/daughter participates in group ride with the Dulwich Paragon Cycling Club and the Herne Hill Youth Cycle Club accompanied by Adults deemed competent by HHYCC / DP entirely at his/her own 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 full and entire responsibility for his/her own safety while on the public highway.

\*In summary, the Level 2 Cycle Training Standards requires riders to:

- start and finish an on-road journey
- observe the environment and factors that may affect their riding
- signal their intentions to other road users
- ride on the correct part of the road they are using
- pass side roads, parked or slower moving vehicles
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (e.g. at roundabouts)
- demonstrate a basic understanding of the Highway Code.

### Notes

- You are giving consent for your child to participate in group ride on the public highway.
- It is part of the *British Cycling Code of Conduct* to ensure that reasonable steps are taken to establish a safe environment where young riders can enjoy developing their cycling skills. In case of emergencies Parents/guardians must be available and contactable during the ride.
- Young riders are expected to remain in the group from beginning to end, and if being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any young riders who persistently misbehave or put others in danger will not be allowed to attend in future.
- It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during the coaching sessions, and bring adequate drink, food, spare inner tubes and puncture repair kit.

Please ensure you make a note of any medical conditions your child has or you feel the coach should know about (in Section 3). If you have any concerns about your child participating in any form of physical activity, please consult your GP before giving permission for your child to take part in the coaching sessions.

Signed:		Date:	
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