

**Guidelines for Youth Rides**

1. All rides will depart from Knaresborough at the time of 9.15 prompt
2. All routes will be communicated via the club web site, forum and other social media outlets (f book) and be available for download via Strava onto android device
3. The routes will be based on a short and longer distance to cover all spectrums of ability and competence with a nominal average speed
4. A riders should be able to display suitable evidence of their ability / competence. All riders must adhere to the Highway Code. Parents / responsible adults are responsible for ensuring their child is competent at riding on road conditions to a level equivalent to at least bikeability level 2.
5. Anyone under the age of 14’s MUST be accompanied by a responsible adult
6. All riders will be expected to have with them a signed parental consent form and details of emergency contact, copies should also be with the group leader
7. Each group to have a sole group leader responsible for pace and take overall responsibility for the welfare of their group ensuring no rider is left alone or isolated
8. Rules of the highway code must be adhered to
9. All riders must wear a helmet and appropriate clothing for the climate
10. All riders must carry spare inner tube pump etc. and suitable clothing in the event of change of weather, cape / waterproof gloves etc.
11. Group leaders to ensure they carry multi tool to assist in any small roadside repairs
12. Riders must be a minimum age of 8, be comfortable with riding on the highway and have completed the distances similar to the planned routes before. Their attendance will be subject to the group leaders approval.
13. Riders must be a member of a club affiliated with British Cycling / Nova