Membership costs £20 for the year. Weekly coaching sessions are free. You can pay online (visit the Plymouth Youth Cycling Website), or bring a cheque made payable to ‘Pilgrim Flyers’ to the next club session.



|  |  |  |  |
| --- | --- | --- | --- |
| Rider Name |  | Date of birth |  |
| Address |  |
| Emergency contact(s)(name and telephone) |  |  |
| Relevant medical information |  |
| Email address for club / session communication |  | British Cycling Membership number\* |  |
| Will the Pilgrim Flyers be your primary or secondary club? |  | Which other British Cycling club(s) are you a member of? |  |

\*Find out more about British Cycling membership here: <http://www.britishcycling.org.uk/membership>

 For young riders, British Cycling membership is discounted or free for the first year

 You don’t have to be a British Cycling Member to join the Pilgrim Flyers.

**Code of conduct for riders, parents and coaches**

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| --- | --- |
| 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, on a bike that is in good working order.
* 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.
* come prepared with: a full water bottle, lights when needed, an inner tube for my bike, tools for my bike, a waterproof, and a rucksack to carry my own kit.
* Play within the rules and respect coaches and all their decisions.
* Be a good sport by applauding all good performances, whether they are made by my club or the opposition.
* Work equally hard for myself and my club - remember, the club’s performance will benefit, and so will I.
* 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 club activities.

**Rider signature……………………………………………..** **Date……………………………………** | 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.
* Help my child to recognise good performance, not just results.
* Support my child’s involvement and help him/her to enjoy his/her sport.
* Remember that children participate in sport for their enjoyment, not mine
* Show appreciation and respect for coaches and other volunteers. Remember, without them, your child could not participate.

**Parent signature…………………………………….** **Date………………………………………** |

**Please bring your completed form with you to the next Pilgrim Flyers session, or scan it and email it to** **plymouthyouthmtb@gmail.com**

**How to keep up to date with club activities**

|  |  |
| --- | --- |
| **Club website** | **www.plymouthyouthcycling.co.uk** |
| **Club email address** | **plymouthyouthmtb@gmail.com** |
| **Club facebook page** | [**https://www.facebook.com/groups/465344983555997/**](https://www.facebook.com/groups/465344983555997/) |