

Cwmearn Paragon Cycling Club

Under 18 Road Riding Policy



Purpose

This policy sets out how Cwmcarn Paragon Cycling Club ('the club') safely includes riders under 18 years of age ("U18s") in club-organised road rides on the public highway.

This policy aligns with the safeguarding policies and Club Operating Standards of British Cycling and Beicio Cymru and forms part of the club's wider safeguarding framework.

Our aim is to:

- Provide a safe and supportive transition from youth coaching to adult road riding
- Promote lifelong participation in cycling
- Create a clear pathway for progression within the club
- Support families and strengthen the club community

Scope

This policy applies to:

- All club-organised road rides where U18 riders are present
- All ride leaders, coaches, officials and adult participants
- All U18 riders participating in club activity

This policy does not replace British Cycling safeguarding policies but operates alongside them.

Duty of Care

The club recognises that it owes a higher duty of care to U18 riders than to adults.

We will take reasonable steps to ensure the safety and wellbeing of U18 riders, including:

- Identifying a responsible adult for each ride

- Conducting a risk assessment prior to the ride
- Ensuring appropriate adult supervision ratios
- Considering rider ability, route difficulty, weather and group size

Eligibility & Membership

All U18 riders participating in club road rides must:

- Be current members of the club
- The club's insurance covers the organisation of club rides. Individual riders are responsible for holding appropriate third-party liability insurance through membership of British Cycling or equivalent.
- Have a signed parental/guardian consent form on file

Parents/guardians must provide:

- Emergency contact details
- Relevant medical information
- Consent for participation

Supervision Requirements

For all rides involving U18s:

- A minimum of one designated adult (18+) will be identified as responsible for U18 riders
- That adult will carry emergency contact details
- The club will assess whether additional adults are required based on:
 - Group size
 - Number of U18 riders

- Experience and competence
- Nature of the route

While road riding may occasionally require temporary separation (e.g. mechanical assistance), adults must avoid unnecessary one-to-one situations wherever reasonably practicable and ensure transparency at all times.

Where the same adult regularly takes responsibility for U18 riders, the club will consider DBS clearance and safeguarding training in line with British Cycling guidance.

Ride Planning & Risk Management

All U18-inclusive rides must:

- Be subject to a documented risk assessment
- Have a planned route
- Communicate start time, expected finish time, and meeting location in advance
- Consider safe regroup points and café stops

Progression principles:

- Routes will be progressive in distance and difficulty
- Ability-based group splits may be used
- U18 riders will not be excluded purely on age

Behaviour & Conduct

All riders (adult and U18) are expected to:

- Ride safely and within the Highway Code
- Show respect to other riders and road users
- Support and encourage younger riders

- Follow ride leader instructions

Adults must maintain appropriate conduct at all times and model positive behaviour.

Parental Involvement

The club encourages family engagement.

Parents may:

- Ride in a separate group where appropriate
- Attend briefings
- Receive route details and timings in advance

Where appropriate, parents may remain nearby during early transition stages to support confidence.

Incident Management

In the event of an incident involving a U18 rider:

- The designated adult will take primary responsibility
- Parents/guardians will be informed as soon as reasonably practicable
- An incident report will be completed
- Safeguarding concerns will be escalated in line with British Cycling procedures

Safeguarding

The club Safeguarding Officer is responsible for:

- Maintaining consent forms
- Ensuring appropriate supervision
- Liaising with British Cycling where necessary

- Ensuring safeguarding training and DBS checks are undertaken when required

All safeguarding concerns must be reported immediately.

Safeguarding Reporting Procedure

Any safeguarding concern relating to a child must be:

1. Reported immediately to the Club Safeguarding Officer
2. Recorded in writing as soon as practicable
3. Escalated to British Cycling / Beicio Cymru safeguarding team where required

If the concern involves the Club Safeguarding Officer, it must be reported directly to British Cycling or Beicio Cymru.

The welfare of the child is paramount at all times.

Inclusion & Development

The club recognises that:

- U18 riders are the future of the sport
- Youth riders may have aspirations beyond the club
- Positive early experiences are critical for long-term retention

We are committed to:

- Supporting progression
- Creating a welcoming environment
- Building confidence, resilience and independence

Review

This policy will be reviewed every three years or sooner if:

- British Cycling guidance changes
- A safeguarding incident occurs
- Club structure changes

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| Policy & Procedure Title | Under 18 Road Riding Policy |
| Policy Author | Club Secretary |
| Effective (Start) Date: | 23 rd February 2026 |
| Next Review Date Due: | 23 rd February 2029 |

Policy Updates

| Version | Date | Author | Approved |
|----------------|-------------|----------------|-----------------|
| 1 | 23.02.26 | Club Secretary | Club Committee |
| 2 | | | |