



Midland Cycle Club (Inc.)

# Racing and Training Guidelines

Version 1.3



## **Preface**

It is with pleasure that I introduce to you the Midland Cycle Club Racing and Training Guidelines.

### **Purpose**

This document will articulate the expectations of the riders, coaches, volunteers and supporters, in instilling and upholding the core values of the Midland Cycle Club. Midland Cycle Club expects all of the aforementioned stakeholders to uphold the principles of the club at all times to the best of their abilities.

## **Governance**

The document shall be known as Midland Cycle Club Training and Racing Guidelines (MCC Training and Racing).

Persons to whom this Code applies acknowledge and agree to comply with the Midland Cycle Club Disciplinary and Grievance procedures as set out by Midland Cycling Club.

The Guidelines and the Midland Cycle Club Code of Conduct shall govern the conduct of all persons formally associated with the Midland Cycle Club and cycling during racing and training.

In particular, it shall apply to:

- Persons acting for and on behalf of Midland Cycle Club.
- Athletes, coaches, managers and support staff of Midland Cycle Club.
- Persons participating in Midland Cycle Club, sanctioned events or activities.
- Officials, Commissaires and support personnel assisting or conducting Midland Cycle Club, AusCycling events.
- Midland Cycle Club appointed delegates, officials, committee members and employees.

## **1. Junior Development**

Outline:

1.1 Junior riders require different training and have specific rules that govern their racing.

1.2 Midland Cycle Club follow AusCycling Guidelines, procedures and governance in regard to Junior riders.

1.3 MCC support the values, ideas and methodologies that juniors must be handled differently in the sphere of training and racing to that of their older counterparts.

1.4 MCC adopts the Junior Cycling Guidelines of AusCycling and in particular cycling should be planned around the needs of young people to make it a positive and quality experience for them.

1.5 MCC recognised juniors mature and develop at different rates and ages.





1.6 For junior training within MCC we shall endeavour to assist all riders equally.

## **2 Training**

- 2.1 All activities must be risk assessed. Measures implemented to remove or reduce risks as low as reasonably practicable.
- 2.2 Grade riders within age groups.
- 2.3 Gearing to be fixed according to AusCycling requirements
- 2.4 Training to be at an intensity suitable for the rider
- 2.5 Training distance to be appropriate for the rider
- 2.6 Skills to reflect the nature of the sport and appropriate to the rider

## **3 Racing**

- 3.1 Open racing with riders grouped according to AusCycling guidelines
- 3.2 Club races supported within the guidelines of local and state guidelines
- 3.3 Junior gearing (rollout) to have the correct gearing appropriate for the age group of the rider
- 3.4 Riders are restricted on race distances, as per the guidelines set out by AusCycling

## **4 Coaches & Ride Leaders**

- 4.1 Coaches to be qualified
  - 4.2 Coaches to have current First Aid Training
  - 4.3 Coaches to have a Working With Children Check as applicable under Western Australian Law
  - 4.4 Coaches and Ride Leaders to understand and recognise risk management procedures as they apply in each circumstance
  - 4.5 Training should compliment activities that are undertaken by the club.
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