



WHYALLA CYCLING CLUB INC

MEMBER'S HANDBOOK

May 2017

PREMISES:

Lot 90
McBryde Terrace
Whyalla Playford SA 5600

POSTAL:

PO Box 129
Whyalla SA 5600

CLUB CONTACTS

President:	Ashley Evans	Mob. 0418 815 681
Vice President:	Darryl Worby	
Secretary:	Matt Stanton	Mob. 0417 874 740
Treasurer:	Glenda Hodgkinson	
Canteen Manager:	Paul Jacobs	
Committee Members:	Danny Ronan Derek Siwek Paul Jacobs Keith Gibbons Emma Mardon	
Commissaires:	Ashley Evans Carolyn Ronan Paul Jacobs Matt Stanton Sean Larson Kristen King Paul Jacobs	
Child Safety Officer:	Ashley Evans	
Coaches:	These are appointed by the club at the Annual General Meeting.	
Senior Coach:	Malcolm Clasohm	
Junior Coach:	Keith Gibbons	
Racing Committee:	Derek Siwek Ashley Evans Danny Ronan Emma Mardon Malcolm Clasohm	
Club Handicappers:		
Seniors:	<i>Road:</i> Derek Siwek Ashley Evans <i>Track:</i> Malcolm Clasohm Matt Stanton Keith Gibbons	Mob. 0428 676 661 Mob. 0418 815 681 Mob. 0417 874 740 Mob. 0488 037 252
Junior:	<i>Road:</i> Paul Jacobs <i>Track:</i> Matt Stanton Keith Gibbons	Mob. 0428 979 415 Mob. 0417 874 740 Mob. 0488 037 252
Riders Representatives:	Graeme Fargher Keith Gibbons	Mob. 0412 811 579 Mob. 0488 037 252
WCC Proxy:	Graeme Zucker	

The Committee is elected each year at the Annual General Meeting which is held in March. Committee Meetings are held at the Clubrooms in the second week of each month, as organised by the Committee.

WHYALLA CYCLING CLUB

MEMBER'S HANDBOOK

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WELCOME TO THE WHYALLA CYCLING CLUB

The Whyalla Cycling Club is run by volunteers and offers racing for all grades throughout the year. Track season is held over the summer months and Road season in the Winter months.

The club is affiliated with Cycling Australia and Cycling SA. If you wish to race or train with our club you will need to hold a Cycling Australia Racing licence and be a financial member of the club. Forms and information are available from the club committee.

The club strongly encourages all members to have ambulance cover.

We have canteen and bar facilities in both track and road seasons and we encourage people to volunteer to help in the canteen and place their name on the roster. There are many jobs you could help with which include: taking orders, serving, or preparing meals. Please see the people in the canteen to offer your help.

Club Person of the Year

The Club Person of the Year is decided by the Executive Committee at a general club meeting prior to AGM. All riders from U17 and under are eligible for this award.

Equipment Restrictions

These are regulations set out by Cycling Australia and **must** be enforced by the club. For all junior categories, male and female, the following **maximum** roll out distances shall apply:

Road events

Junior U19: 7.930 metres

Junior U17: 7.0 metres

Junior U15: 6.0 metres

Junior U13: 5.5 metres

Junior U11: 5.5 metres

Track events

Junior U17: 7.0 metres

Junior U15: 6.0 metres

Junior U13: 5.5 metres

Junior U11: 5.5 metres

Please note this is the maximum and you need to be aware that if a rider is rolled out after an event and comes in over the specified roll out they will be disqualified so you need to have a roll out that allows for tyre expansion when warm and still comes in under the required roll out.

These restrictions will be enforced to guard against damage to young bones and muscles that could result through the use of big gears at an early age.

The gearing roll out is determined by measuring one full revolution of the pedal cranks in the biggest gear on the bike.

For track bikes the gearing can be adjusted by either changing the front drive chain ring or rear cog. Smaller on the front shortens the roll out. Smaller on the back lengthens the roll out.

For road bikes the gearing can be adjusted by changing the front drive chain ring or by adjusting the screw on the rear derailleur so that the sprockets on the rear cluster are blocked out.

NOTE: Blocking off gears by adjustment of the derailleur or other means to comply with maximum roll out distances is not permitted at U15, U17 & U19 State or National Road Championships.

Club Clothing

For information on the purchase of club clothing please see the Treasurer.



Out of Town Races

The Club is affiliated with Cycling SA and riders who hold a Race Licence are eligible to nominate and race in events on the Cycling SA calendar. A copy of this can be found on their Website www.sa.cycling.org.au

The races are also in the right hand column of our club road program, but please check the website or club Facebook group as changes may have been made after the printing of the club program.

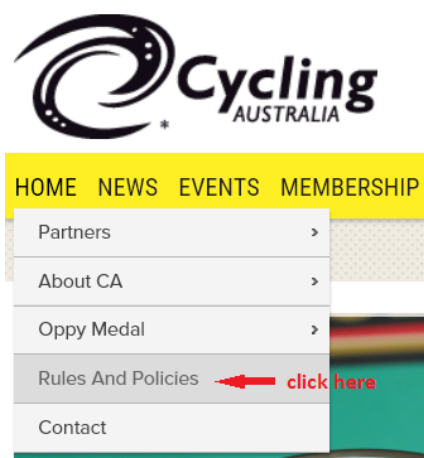
Those with a Club only licence (Seniors) can only race with the club, but can upgrade to an Open licence at any time.

All riders who race out of town need to wear either club clothing or clothing that is plain – that is without sponsors names and colours (like the professional teams).

The Club also has a web site www.whyllacc.org.au and a Facebook group which you're welcome to join if you're on Facebook. Search "THE Whyalla Cycling Club".

GENERAL TRACK AND ROAD RACING RULES

For Track and Road Racing Rules please go to the Cycling Australia webpage www.cycling.org.au. Click on: Home: Rules and Policies: then open the document which states "Technical Regulations – Road and Track".



RULES AND POLICIES

CONSTITUTION & BY LAWS

Cycling Australia Constitution: CA Constitution.pdf By Laws: CA By Laws.pdf

TECHNICAL REGULATIONS

- [Road & Track.pdf](#) → download link
- [CycloCross.pdf](#)

POLICIES - GENERAL

- Privacy: CA Privacy Policy.pdf
- Copyright: [Click here](#)
- Code of Conduct: CA Code of Conduct.pdf → download link
- Social Media: CA Social Media Policy.pdf
- Member Protection (Version - February 14 2016) : CA Member Protection Policy.pdf
- National Integrity & Gambling Policy (Effective 12 July 2013): CA Integrity Gambling Policy.pdf
- Disciplinary: CA Disciplinary Policy.pdf
- Junior Cycling: 2015_CA_Junior_Cycling_Policy.pdf

This document can change from time to time so it's a good idea to check the website periodically. There will be a copy available in the clubrooms of the Technical Regulations- Road and Track, and the CA Code of Conduct.

NUTRITION

Cycling Foods

Pasta	Chicken
Rice	Fish
Cereals	Eggs
Vegetables	Bread
Fruit	Muesli Bars
Lean Meat	

Cycling Drinks

Water	Fruit Juice
Powerade	Milo
Gatorade	Other sports drinks

Carbohydrates

Carbohydrate foods play a vital role in exercise performance. They supply the energy for the working muscles. Our body can store enough carbohydrate for approx. 80min of continuous exercise.

These stores must be continually refilled from carbohydrates in your diet, so the more you exercise the greater your carbohydrate needs will be.

If you go out for a ride longer than 90min you need to take food with you to avoid getting hunger flat.

Foods to take on your ride may include: jam sandwich, bananas, lollies (not too many), sultanas, muesli bars (avoid chocolate bars as these are very high in fat), and a carbo drink.

Eat plenty of complex carbohydrate such as: noodles, rice, pasta, breads, cereals, potatoes, energy bars, sports drinks, peas, sweetcorn, carrots and fruit.

Eat in moderation: sugar, jam, honey, cakes, toppings, flavourings, soft drinks, cordials, and sweet biscuits.

Protein

Is very important for growing athletes. Proteins are composed of approximately 20 amino acids, nine of these amino acids are labelled "essential" (that is without them the cells will die) and cannot be made in the body. Therefore they must be in the food we eat. A growing athlete needs to eat more daily protein than the average adult. You should be aiming to eat approx. 2.0g of protein for every kg of body weight. (That's about 130grams a day).

Your body requires protein to help repair damaged muscle and tissue. It is a good idea to include protein in your evening meal (e.g. meat fish or chicken) especially after a hard training session.

Golden rules for protein intake:

- eat lean steak three times a week and on the nights you do not have steak, eat other protein foods such as chicken, fish or eggs.
- drinking orange juice (or other juices high in Vitamin C) will help your body absorb the iron found in steak.
- do NOT drink tea with your protein meals (up to one hour before and after) this will prevent your body from absorbing iron.

Iron

Is a very important nutrient for sports performance because it helps carry oxygen in the blood to the muscles and promotes exercise metabolism. An iron deficiency will reduce the oxygen supply to muscles, athletes with very low iron stores complain of tiredness and poor recovery from training.

Vegetables and Fruit

Are very important for vitamins and minerals, include vegetables with your steak and pasta and enjoy a variety of fruits such as strawberries, grapes, apricots, fresh pineapple, peaches, oranges, mandarins etc. Why not make up a fresh fruit salad and add some ice cream?

The best time to eat

To get full recovery between training sessions and to make sure your workouts are of good quality, all your meals should contain carbohydrates.

For a quicker recovery after a hard training session you should eat a high carbohydrate snack WITHIN 20 MINUTES after finishing your ride or any other sports you play. Get into the habit of taking your own food with you to training or racing so you can top up your carbohydrate stores straight away. If you cannot stomach eating something straight away after training or racing drink a high carbohydrate drink such as Gatorade or Powerade etc. This will top up energy stores in the muscles ready for tomorrow's training or racing.

Some examples of carbo recovery snacks are:

- tub of yoghurt, two bananas, glass orange juice
- cereal with milk, one cup of tinned fruit
- muffins topped with jam or low fat cheese, glass of fruit juice
- crumpets spread with honey
- bread rolls filled with chicken or tuna and salad
- pancakes topped with syrup
- muesli bars, apple, glass fruit juice
- smoothie made with one cup of milk, two bananas, three scoops of ice cream
- sports drink such as Gatorade, Powerade etc

Make sure you take food with you on rides over 1½ hours to keep your energy stores high.

Hydration

The more fluid your body loses, the worse it performs. To keep your performance at a good level you need to take in water while you exercise, especially in hot weather. Don't wait until you are thirsty before you drink. By this time it will be too late, you will be performing or training well below your best. For every 1kg of body weight lost through sweat, you need to drink 1 litre of fluid. Weigh yourself before training and again as soon as you arrive home, you will be surprised at the amount of fluid you have lost in training!

TRAINING

Safety when training on the road

- Wear a good quality helmet
- Wear bright coloured clothing so that you are visible to drivers
- Use a flashing red tail light on your bike
- Do not ride more than two abreast
- Obey all road rules and traffic lights
- If there is a bike lane on the road, use it or stay within 1.5 metres of the kerb
- Try to avoid riding into the sun as sun glare in driver's eyes may make it hard to see you
- Be prepared to give way to all vehicles no matter which direction they are coming from – they are bigger than you
- Look at the approaching drivers eyes to know if they have seen you
- Be aware of doors opening on parked cars as you overtake them
- Do not try to race cars at intersections
- Use clear hand signals
- DO NOT ABUSE OR GIVE RUDE HAND SIGNALS TO DRIVERS
- If it is likely to be getting dark before you finish training make sure you have front and rear lights

Equipment to carry while training

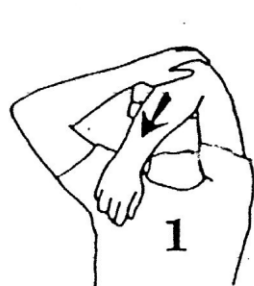
- Drink bottle with water in it
- Mobile phone or enough money or phone card to use a public phone
- Have your name, address and home phone number on you
- Spare tube, pump and tyre levers

STRETCHES

It is very important to do stretches before you race or train to warm your muscles up to help prevent injuries and to do them again afterwards.

Before and After Cycling

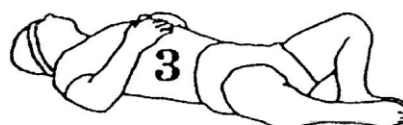
Approximately ten minutes:



10 seconds
each arm



15 seconds



30 seconds



3 times
5 seconds each



30 seconds
each side



30 seconds



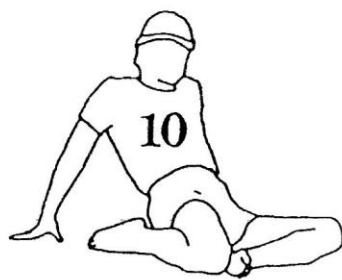
15 seconds
each side



20 seconds



5 seconds



20 seconds



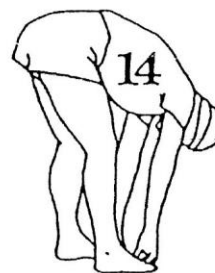
30 seconds

12

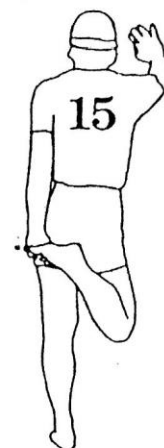
Repeat
8, 9, 10, 11
other leg



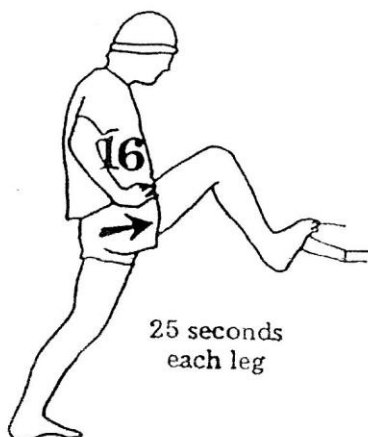
20 seconds



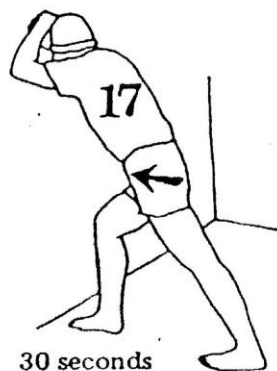
30 seconds



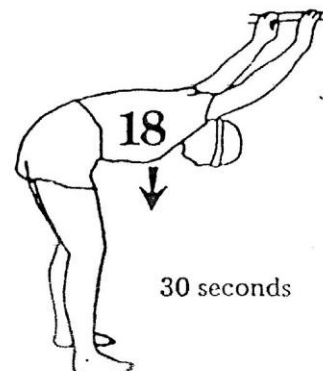
15 seconds
each leg



25 seconds
each leg



30 seconds
each leg



30 seconds

TRACK SEASON

Track racing is held on Friday nights at the Velodrome on McBryde Terrace (just before the Playford Avenue traffic lights). All riders must sign on from 5.45pm to 6.15pm and racing starting at 6.30pm. The season runs from October–April. We have all grades from those on tricycles and BMX bikes, 24" bikes, Juniors, Seniors and Masters.

Member's own bikes stored in the Club shed ARE NOT COVERED under the Club's Insurance Policy.
Alcohol must NOT be consumed in the centre of the track.

In the track season we often need people to be:

- ***Pushers***
To hold riders steady on the track for the start of handicap events and give them a push off on the whistle.
- ***Holders***
To hold riders steady on the track for the start of the event but DO NOT GIVE A PUSH OFF. Training for the above can be arranged.
- ***Timer***
There may be times when we need extra timers – that is someone with a stop watch to time the riders. We can give you lessons in how to use a club stop watch.
- ***Commissaires***
The Club has people trained as Commissaires (Referees). These officials are responsible for seeing that riders are complying with ALL road and track rules and races are conducted in a safe manner as directed by Cycling Australia. There may be times when the commissaires will need to talk to a rider about their riding and may issue a warning or even a penalty depending on the seriousness of the infringement. If a rider has a dispute they are to take it to the Riders Representatives who will then take it to the Commissaires.
- ***Race Officials***
These people are responsible for the safety of all riders before, during and after an event and also carry out duties which include the collection of Nomination Fees; ensuring that riders sign on and collect their race number; working out the handicaps and running the event.

Club Championships

Championships are held for the Track season. Points are awarded in each of the Championship events for the first four places in each age/grade category as follows: Flying 200, Time Trial, Scratch Race, Individual Pursuit and Sprints. U11, U13, U15, U17 and A, B, C, & D depending on senior numbers

- 1st (5 points)
- 2nd (3 points)
- 3rd (2 points)
- 4th (1 point)

A rider must compete in a minimum of three club events to be eligible to qualify for Championship points. Note: A club event includes riders who are representing WCC at State and National Titles.

Nominations

Juniors \$8.00

Seniors \$11.00

Minis \$4.00

All riders need to sign the sign on sheet and collect their racing number before they are allowed to race. You may be disqualified for not signing on or for not having your number pinned on.

Numbers are placed on the back lower left hand side of the rider. **NUMBERS MUST BE RETURNED AT THE END OF EACH NIGHT.**

Bike Hire

The Club has a number of track bikes available for hire. Bike hire is \$50.00/season and bike hire of older club bikes is \$25.00/season. A Bicycle Hire contract is signed by the rider (and caregivers if a junior rider) upon the issue of a club bike to any rider. The bike hire fees will be invoiced to the hirer.

Generally, payment of the hire fee confirms the bike for the hirer's exclusive use for the season; however, there may be some circumstances where the club will exchange your hired bike for an alternative bike – ie a more suitable sized bike becomes available.

Non payment of bike hire fees after four weeks revokes rider usage privileges.

Track events include:

- ***Scratch race***

Riders line up along the fence by the grandstand and roll off in single file for a 1 lap rolling start with the race starting (indicated by a whistle) when they get to the start line as a group. The number of laps for each race depends on the grade.

- ***Handicap race***

Riders are placed at different distances around the track depending on their speed with the fastest rider on the start/finish line. The aim of this race is for all riders to finish at the same time. The race is usually 1-3 laps depending on the grade.

- ***Italian Pursuit***

Two teams, one on each side of the track with 1 rider from each team on the track at a time. As a rider approaches their teams starting position the next rider starts (like a relay).

- ***Olympic Sprint***

Two teams, one each side of the track. The whole team starts and at the completion of each lap the front rider pulls up the track to let the rest of the team through.

- ***Elimination***

Similar to a scratch race with all riders starting together. A whistle indicates a sprint lap with the last rider across the line eliminated from the race.

- ***Individual Pursuit***

Usually raced over 2,000 or 3,000 metres. Riders race as close as possible to the black line as it is the shortest distance around the track. It is important to get a good start, then settle into a pace that can be held to the end.

- ***Sprint***

In a championship event each rider completes a **Flying 200 metres**. Riders gradually increase speed over 2 laps to be up the top of the track for the beginning of the 3rd lap and then dive to the bottom of the track at the 200m line to be timed over the final 200m. This time is then used to determine the ranking for the sprint series (cat and mouse) where 2 riders (can also be 3 or 4) race off against each other over 3 laps.

The aim is to catch the other rider unawares and get the jump on them. Riders usually use the Velodrome banks to get the initial quick take-off. The first rider to enter the red sprinters lane in the sprint **must** remain in the lane until the finish or until overtaken by the other rider. Riders **must not deliberately cause** the other rider to fall.

Lead rider – the aim is to position the other rider so they can see them at all times. This is usually next to their right hip. This prevents the other rider from diving down and getting a break. The lead rider must always stay alert.

Following rider – the aim is to position themselves so that it is difficult for the lead rider to see them. This is usually 1 or 2 bike lengths behind and directly behind the lead rider. The following rider is always alert to catch the lead rider unawares, usually near the end of the second lap. Use the banks to get a good run against your opponent. **Always ride a straight line when sprinting.**

- ***Keirin***

Riders are in single file behind a motor bike and must stay behind the bike until it pulls off the track with 2½ laps to go. The riders then sprint for the line.

- ***Points Race***

Similar to a scratch race but as the name suggests points (5, 3, 2, 1) are awarded for each of the intermediate and final sprints.

Training

Sessions are held at the track during the track season with Juniors usually Monday and Wednesday 5.00pm - 6.30pm, and Seniors Monday and Wednesday 7.00pm at the discretion of the nominated Club Coach.

During track season a group training ride is also organised on Tuesday nights at 6.00pm comprising of laps of the Mad Mile circuit for a \$4.00 donation. WCC licenced riders and all Juniors receive a discounted fee of \$2.00.

HOT WEATHER POLICY

All training will be CANCELLED if the following temperatures are predicted the evening BEFORE on the 6.00PM CHANNEL SEVEN WEATHER NEWS:

- SENIORS AND OLDER JUNIORS – 38°C
- NOVICES – 35°C
- TUESDAY MAD MILE – 38°C

Friday night track racing will start at 7.30PM if the predicted temperature on THURSDAYS CHANNEL SEVEN weather news is 38°C or above.

ROAD SEASON

The road season is May – September. Races are held at times and dates as per the published program. Racing in Road Season is held in ALL WEATHER CONDITIONS although officials may cancel a race if conditions are unsafe.

During road season we may require helpers for events such as the criterium and road races **to aid with rider safety**. You may be asked to help with the following:

- **Turner**

The role of this person is to let the riders know when it is safe for them to turn. Many races, especially the seniors ride out a certain distance and then turn around and head for the finish line. YOU ARE NOT TO STOP THE TRAFFIC but often cars will slow to let the riders turn. We have vests, flashing lights and flags for you to use.

- **Corner Marshall**

This is an important role in a criterium race for the safety of the riders. It lets cars approaching the circuit know that riders are coming. We generally use a closed circuit at the Industrial Estate where there is no exposure to traffic but have on occasions used street circuits. With street circuits there are side roads where local traffic can enter the course at any time. The presence of corner marshalls makes the traffic aware that riders are coming. Again you will be given a safety vest and instructions before you are sent out.

- **Timer**

There may be times when we need extra timers – that is someone with a stop watch to time the riders. We can give you lessons in how to use a club stop watch.

- **Followers**

It is good to be able to have people to follow each group. There are some safety measures you need to be aware of – you must be alert to the riders as well as the traffic at all times. You should keep at least four or five car lengths from the riders in case one has an incident; you will need enough time to react and stop. When two groups merge ONLY ONE CAR IS NEEDED. More than this becomes a nuisance for other road users and could endanger the riders. You could pull over and wait to see if all riders stay together or if some drop off then you could follow this group. If they stay together then please DO NOT HAVE MORE THAN ONE CAR FOLLOWING. You could move to the turn around or pull over further along the course and watch or go to the finish line.

Bike Hire

The Club has a number of road bikes available for hire. Bike hire is \$50.00/season and bike hire of older club bikes is \$25.00/season. A Bicycle Hire contract is signed by the rider (and caregivers if a junior rider) upon the issue of a club bike to any rider. The bike hire fees will be invoiced to the hirer. If you choose not to compete but wish to train using a club bike you will need to pay the bike hire fee to cover wear and tear.

Nominations

Juniors \$8.00 Seniors \$11.00

All riders need to sign the sign on sheet and collect their racing number before commencing racing – or you may be disqualified. Numbers are placed on the left hand side on the back of the rider.

NUMBERS MUST BE RETURNED AT THE END OF EACH RACE.

For all open road cycling events (i.e. events not run under a rolling road closure or closed road conditions) sanctioned by Cycling South Australia, competitors must have a flashing red light operating on either the seat post or right rear seat stay of their bike. The light must be operational during the entire event and must be visible from 200 metres to the rear.

For rider safety, the club will place "Rider Ahead" safety signs at points along the route to advise motorists to exercise caution as there may be cyclists in the area.

The club has a number of members trained by the SA Police as Traffic Marshalls. Club members who are acting as official race traffic marshalls will hold out a red flag to stop a cyclist if there is a vehicle approaching an intersection which may place a rider in an unsafe situation. **CYCLISTS MUST STOP IF THE RED FLAG IS HELD OUT.**

Presentations

Prize money is paid at the Presentations following the race. Juniors are awarded vouchers.

1 st	\$15
2 nd	\$10
3 rd	\$7
Fastest Rider	\$10

Riders are encouraged to attend the Presentations to collect their winnings and support the other riders. If you are unable to attend please let one of the Officials know as prize money will be forfeited if you are not there to collect it.

Racing is held along various courses, including:

- Stony Point Road (Point Lowly Road)
Juniors are taken out to the start just over the railway line
- Iron Knob Road
- Cowell Road

Juniors use Stony Point and Iron Knob roads only.

Distances vary with Seniors 50-60kms (All starts at the Clubrooms); Juniors 20-40kms and Novices 5-15kms (Junior and Novice distances increase over the season).

The program also includes a couple of club races which are held out of Whyalla e.g. Cleve, to Iron Knob, and the Wilmington/Quorn/Stirling North area. We encourage all riders to participate in these races as it gives riders experience with different terrains and racing conditions.

Club Championships

The championships are comprised of three events – Time Trial, Criterium and Road Race – programmed over the road season. The first four places are awarded points:

1st (5 points)

2nd (3 points)

3rd (2 points)

4th (1 point)

A rider must compete in three club events to be eligible to qualify for Championship points.

Medallions will be awarded to winners (1st, 2nd, and 3rd) in each grade of each Road Championship race. The overall winner (1 winner per grade) will be awarded using the points system. In the event of a tie the Time Trial results will be used to determine the winner.

Grades will be determined prior to the first club championship event by the Race Committee.

On the Road Program you will see:

- ***Handicap Races***

Riders are sent off in groups (although at times it will be a single rider) at different times depending on their ability with the aim that all riders will reach the finish line at the same time.

Bunches (or groups) will form because of the advantages gained from riding in a group where riders take turns and so improve their efficiency as they get a 'rest' from riding into a head wind or being the pace setter.

- ***Time Trial***

Riders are sent off individually one minute apart (slowest rider first) and are timed over the course distance. This is a race against the clock where riders are NOT permitted to sit-on/draft other riders.

- ***Criterium***

Riders race around a circuit for a set time according to their grade and at the end of this time then have 1-3 more laps depending on their grade before the finish. Riders will hear a bell ring at the beginning of their final lap.



WHYALLA CYCLING CLUB

CODE OF CONDUCT

Road Racing Season

Initiated in 1996

The following Code of Conduct is the accepted rules of behaviour of competitors, officials and spectators of cycling in Whyalla. These rules are supplementary to the Australian Cycling Federation Technical Regulations. The A.C.F. general technical regulations i.e sprint rules etc. will take precedent over this Club Code of Conduct.

1. Competitors While Racing

- 1.1 Cyclists when conveying a message to another will do so using appropriate language that does not offend, abuse or be detrimental to the sport of cycling.
- 1.2 Cyclists must maintain control of their own cycle and must not intentionally interfere or touch another person or that person's cycle in any way.
- 1.3 Cyclists when competing in club events should contribute by doing their "turn of pace". Cyclists must share the workload for at least 80% of the race distance to participate in the placing. Cyclists that sit on the back of the bunch to "get home" must not interfere in any way with riders still eligible to participate and finish for a place.
- 1.4 Cyclists must obey any reasonable request made by a race official.
- 1.5 There should be a general recognition that all cyclists obey the public road laws as designated by the Road Traffic Act.
- 1.6 Cyclists competing in any road event at the club level must ride a course over the final 200 metres that does not interfere with the progress of another cyclist.
- 1.7 Cyclists when competing in an event must not wear headphones or similar devices, which may interfere with their concentration.
- 1.8 Cyclists must show courtesy and respect to all other road users as we would like them to show us the same.

Action:

Breaches of the Code of Conduct, if proved, will bring about action according to the severity of the incident. This could include a warning for the first offence of a minor breach. Further offences will be dealt with according to section 97 of the S.A.C.F. Regulations.

2. General

- 2.1 Vehicles that follow cycling events must not be any closer to a cyclist or group of cyclists than 30 metres. The driver must be aware at ALL times of cyclists safety.
- 2.2 On race day, the Commissaires are in charge of all activities for one hour before the first event and two hours after the last event.
- 2.3 All behaviour of officials, competitors and spectators should be complimentary to the sport of cycling.
- 2.4 Cyclists should ensure that they present themselves and their cycles to racing in a condition complimentary to the sport of cycling.
- 2.5 Officials and competitors must not comment on any incident, which may require to be addressed by the referee or hearing committee.

3. Notification and Appeals

- 3.1 To notify the club of a complaint or appeal against a complaint or decision, the club will be guided by the S.A.C.F. Regulations, sections 96, 97 and 98.



Cycling SA social media policy statement:

Social Media sites such as Facebook, MySpace, Twitter, Flickr, LinkedIn, YouTube, as well as Forums and Blogs are exciting new avenues expressing creativity, and sharing interests and knowledge. Participation in these online communities is therefore supported. However, over a number of years there have been repeated incidents where online discussions and posting of online content have caused distress to individuals or groups of members and has detracted from the community's overall enjoyment of cycling.

The Cycling SA social media policy is guided by the key principles of the Cycling Australia (CA) Code of Conduct which are:

- CA wishes to operate in an environment where people show respect for others and their property. Respect is defined as consideration for another's physical and emotional wellbeing and possessions, to ensure no damage or deprivation is caused to either.
- CA wishes to operate in an environment that is free from harassment. Harassment is defined as any action directed at an individual or group that creates a hostile, intimidating or offensive environment. (Refer to Australian Sports Commission Guidelines for Harassment-Free Sport).
- CA wishes to operate in a non-discriminatory environment. Respect the right, dignity and worth of every human being - within the context of the activity; treat everyone equally regardless of gender, ethnic origin or religion.
- Persons to whom this Code applies acknowledge and agree to comply with the disciplinary and grievance procedures promulgated by CA. If any disciplinary action is taken, persons directly affected shall be given the opportunity to participate in those proceedings and the right to appeal against any decision against them.

Cycling SA promotes responsible use of social media and requires its members, when posting about the Federation and its members or Federation or club endorsed, promoted or conducted events or activities, to observe the following guidelines for responsible social media use.

1. Cycling SA requires members to take responsibility for their own words and for the comments allowed on their sites or forums. Cycling SA members will not post unacceptable content, and will delete comments that contain it. Unacceptable content is defined as anything included or linked to that:
 1. is being used to abuse, harass, stalk or threaten others
 2. is libellous, knowingly false, or misrepresents another person,
 3. infringes upon a copyright or trademark
 4. violates an obligation of confidentiality
 5. violates the privacy of others
2. Cycling SA members don't post anything online that they wouldn't say in person.
3. Cycling SA members connect privately before they respond publicly. When members encounter conflicts and misrepresentation in social networking sites, they make every effort to talk privately and directly to the person(s) involved—or find an intermediary who can do so—before publishing any posts or comments about the issue.
4. Cycling SA strongly discourages personal attacks. When someone who is publishing comments that are offensive, members encouraged to tell them so (privately, if possible—see 3 above).
5. Anonymous comments are discouraged. All content posters should be required to supply a valid email address before they can post, authorized posters may identify themselves with an alias, rather than their real name.
6. Cycling SA prefers members not to respond to nasty comments about them, their group, event or site. If posts veer into abuse or libel, Cycling SA supports the use of disciplinary and grievance procedures to resolve issues. Cycling SA encourages all members to "think before posting". Members should recognize that even if posting to a private section of a social networking site comments can appear in public areas through a variety of means and can easily be found. Members should avoid posting something they will regret now or later.

PLEASE REMEMBER

**RIDERS AND OFFICIALS
DESERVE YOUR RESPECT**

OFFICIALS ARE VOLUNTEERS TOO

AND REMEMBER

**WE ARE NOT RIDING FOR
SHEEP STATIONS**

