

Stratford Cycling Club

Procedure for Juniors on the Bash

The Saturday morning or Tuesday evening bash is only suitable for very competent, conditioned and self sufficient riders.

When a junior rider wishes to join a bash their parent or guardian must first approach the Junior Development Officer (JDO), who will take into account information from the club coaches and the rider's experience before advising on the rider's suitability for these tough rides.

This process must be repeated for each different bash route (Tuesday - Quinton Loop, Saturday and Tuesday Evesham (last Tuesday of the month). The JDO will make parents aware of the expectations and nature of the rides.

The bashes are group rides on fixed routes and do not have a leader, therefore nobody takes overall responsibility for the ride or juniors attending the rides. Juniors must take responsibility for themselves.

Rides do not have a fixed pattern or speed. The speed may be varied and at times very high including on climbs. There is no policy to wait for riders who are left behind, therefore all riders must be self sufficient and self reliant.

It is essential that riders and parents understand that bashes are different to a club run. For the right riders, they are a hugely rewarding experience.

Junior members joining these rides should have the following:

- Suitable clothing
- At least one filled drinks bottle and a couple of snacks
- Money and a charged mobile phone
- Emergency contact name and telephone number (should they be unable to complete the ride)
- A spare inner tube and pump
- Lights when suitable

Junior members joining these rides should be able to carry out the following:

- Competently fix a puncture
- Be familiar with the route and be able to find their own way back to the finish or collection point.