

SCC Sunday Club Ride Junior Procedure

The Sunday Club ride is suitable for those who can ride an average 15/16 miles per hour, over a distance of around 50 miles. The ride is organised so that those who start will finish together.

The Ride Leader will take responsibility for the ride:

- Planning of route
- Tea stop
- Road etiquette
- Consideration for those participating, including juniors and those with different levels of ability, competence and experience
- Carry a mobile phone

Before the ride he/she will:

- Make themselves known to all members including junior's
- Ensure junior brings a signed Parental Consent Form with them.
- Ensure he/she has emergency contact information for the parents/guardians of any junior rider (including medical information if necessary).
- Briefly explain the route and duration of the ride, ensuring parents/guardians are aware of the start and finish point
- Ensure the junior is sufficiently prepared for the ride
- Ensure he/she knows who is collecting the junior rider
- Appoint a deputy for the ride (see *Note 1*)

During the ride:

- Ensure the junior member is in the pack at all times
- Avoid one-to-one situations with the junior, always ensure two adults are present
- Take responsibility for the welfare of any junior rider
- Ensure parent/guardian is advised if any circumstantial changes occur, eg collection point

Junior members joining these rides should have the following:

- Suitable clothing including a waterproof
- A 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

Note 1

If a junior is unable to complete the ride, the Ride Leader and another adult will wait in a suitable safe meeting point until the parent/guardian can reach/collect them, or if more suitable, escort them home. In the event that they have to wait/escort the junior member, the Ride Leader will decide whether the whole group should wait or if the deputy should continue the ride.