

Please complete this form clearly, and send to: *Colleen Buckle, Rosebud Cottage, Church Road, Stowupland, Suffolk, IP14 4BG*, and enclose cheque made payable to 'Stowmarket & District Cycling Club' or to bucklecolleen@yahoo.co.uk and BACS transfer to 40-43-37 61497804 for the membership option selected.

MEMBERSHIP TYPE

(Please tick, all membership fees are paid annually)

Adult (£25)

Under-18's (£10)

2nd Claim (£15)

If applying as a 2nd Claim member please tell us your 1st claim club

ABOUT YOU

Full Name:

Address:

Postcode:

Phone No.

Email:

Gender:

Date of Birth

YOUR CYCLING INTERESTS

FEES & AGREEMENTS

Date:

Fee enclosed:

Parental consent required for all Under 18s. Please see separate form on page 3 which **MUST** be completed before minors attend their first ride.

I agree to abide by the GDPR, Ride Terms & Conditions (see pg 2) and the club constitution (see pg 4)

Signature:

GDPR TERMS & CONDITIONS

*When you become a member of or renew your membership with **Stowmarket & District Cycling Club** you will be registered for an online account with British Cycling. We will provide British Cycling with your personal data which they will use to enable access to an online portal for you (called My Dashboard) on the British Cycling website. British Cycling will use your personal data in accordance with its Privacy Notice which can be accessed at <https://www.britishcycling.org.uk/staticcontent/info--Privacy-Policy-0>. British Cycling will contact you to invite you to sign into and update your dashboard (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with British Cycling, please contact compliance@britishcycling.org.uk."*

Club Ride Terms & Conditions

SDCC tries to make its rides and other activities as safe as is reasonably practicable, however, cycling cannot be risk free and is inherently dangerous. We are not a professional concern, just amateurs inviting other club members and friends to join us for a ride. Every rider must be responsible for their own safety and you are required to comply with the rules of the road. All cyclists *must wear a helmet, and we recommend wearing cycling gloves to reduce the risk of cuts and bruises in case of a tumble. We also recommend cycling glasses to protect your eyes.*

It is strongly recommended that you take out 3rd Party Liability Insurance with a suitable company, e.g. British Cycling or Cycling UK, to whom we are affiliated.

All riders should carry ID, emergency contact details, any relevant medication and should be fit to ride.

Riders should also carry tools and equipment to repair a puncture, money, a snack, drinks and a phone for emergency situations.

Rider Details

Name:

Gender:

Age:

Date of Birth:

Address:

Home Telephone:

Mobile Telephone:

Email:

Emergency Contact Details

Name:

Relationship to Rider:

Home Telephone:

Mobile Telephone:

Medical and Specific Needs

It is your responsibility (that of a parent/guardian/carer if under the age of 18) to provide Stowmarket & District Cycle Club (The Club) with details of any medical or health conditions, allergies, dietary or other specific needs that might affect this rider's ability to participate in cycling. Please note that The Club is unable to provide guidance or make decisions relating to medical or health conditions. If you have any concerns about this rider participating in any form of physical activity, please consult with your GP before signing the consent form.

Please give details of any medical or health conditions, allergies, or dietary or specific needs that might affect this rider's participation in cycling and what support/modifications are required

Please list any medications taken by the rider on a regular basis. (This information may be required by the emergency services in the event of an accident)

Parental/Guardian/Carer Consent for Riders Under the Age of 18

I have read and understood the information on this form and The Club has satisfactorily answered any questions I have asked. I understand and agree that my child participates in The Club activities entirely at their own risk. I confirm that the information I have provided is correct and complete to the best of my knowledge.

Type of Consent (Delete as appropriate)

Consent for moving from one location to another on the public highway Yes / No

Consent for participating in prescribed training (aged 14 or older) Yes / No

Consent for appropriate photographs and videos for publicity purposes Yes / No

Signed:

Name:

Relationship to rider:

Signature:

Date:

List of kit to carry: Contact and medical details, helmet, water, tube, tyre levers, pump

Added suggestions: Rain Jacket, Phone, Cash, Gel

SDCC Club Constitution

1 Name of Club

The club will be called Stowmarket & District Cycle Club (Hereinafter will be referred to as The Club), and may also be known as SDCC. Stowmarket & District Cycle Club will be affiliated to British Cycling.

2 Aims and Objectives

The aims and objectives of the club will be:

To offer social and competitive opportunities in *cycling*

To promote the club within the local community and *cycling*

To ensure a duty of care to all members of the club

To provide all its services in a way that is fair to everyone

3 Membership

(a) Membership of the club is open to anyone interested in promoting, coaching, volunteering or participating in cycling, regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs.

(b) The membership shall consist of the following categories:

Adult member

Junior member (*Under 18*)

Honorary member

(c) All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of practice that the club has adopted.

(d) Members in each category will pay membership fees, as determined at the Annual General Meeting.

(e) Individuals shall not be eligible to take part in the business of the Club, vote at general meetings or be eligible for selection of any Club team unless the applicable subscription has been paid by the due date and/or membership has been agreed by the Club committee.

(f) The club kit will be primarily yellow and black

Sports Equity

This Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The Club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

5 Committee

The affairs of the Club shall be conducted by a Committee which shall consist of the Chair, Treasurer, Secretary, Welfare Rep, Ladies Rep, Off-Road Rep, TT Rep, Race Rep, Membership Secretary plus any further members that may be deemed necessary to be elected at the Annual General Meeting.

All committee members must be members of the Club.

The term of office shall be for one year, and members shall be eligible for re-election.

If the post of any officer or ordinary committee member should fall vacant after such an election, the Executive Committee shall have the power to fill the vacancy until the succeeding Annual General Meeting.

The Committee will be responsible for adopting new policy, codes of practice and rules that affect the organisation of the club.

The Committee will have powers to appoint any advisers to the Committee as necessary to fulfil its business.

The Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/constitution. The Committee will be responsible for taking any action of suspension or discipline following such hearings.

The committee meetings will be convened by the Secretary of the Club and be held no less than 5 times per year.

Only the posts listed above will have the right to vote at committee meetings.

The quorum required for business to be agreed at Management Committee meetings will be 40%

6 Finance

(a) The club treasurer will be responsible for the finances of the club.

(b) The financial year of the club will run from 1st April and end on 31st March

(c) All club monies will be banked in an account held in the name of the club.

(d) A statement of annual accounts will be presented by the treasurer at the Annual General Meeting.

7 Annual General Meetings and Extraordinary General Meetings

General Meetings are the means whereby the members of the Club exercise their democratic rights in conducting the Club's affairs.

The Club shall hold the Annual General Meeting (AGM) in the month of October to:

Approve the minutes of the previous year's AGM

Receive reports from the Chairman and Secretaries

Receive a report from the Treasurer and approve the Annual Accounts

Elect the officers on the committee

Consider any proposed changes to the Constitution

Deal with other relevant business

Notice of the AGM will be given by the club secretary with at least 28 days' notice to be given to all members.

Nominations for officers of the committee will be sent to the secretary prior to the AGM

Proposed changes to the constitution shall be sent to the secretary prior to the AGM, who shall circulate them at least 7 days before an AGM

All members have the right to vote at the AGM

The quorum for AGMs will be whoever is present

The Chairman of the Club shall hold a deliberative as well as a casting vote at general and committee meetings

An Extraordinary General Meeting (EGM) shall be called by an application in writing to the Secretary supported by at least 10% of the members of the Club. The committee shall also have the power to call an EGM by decision of a simple majority of the committee members

All procedures shall follow those outlined above for AGMs.

8 Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.

9 Discipline and appeals

All concerns, allegations or reports of poor practice/abuse relating to the welfare of children and young people will be recorded and responded to swiftly and appropriately in accordance with the club's child protection policy and procedures. The Club Welfare Officer is the lead contact for all members in the event of any child protection concerns.

All complaints regarding the behaviour of members should be presented and submitted in writing to the Secretary.

The Chairman and Secretary will respond to complaints within 5 days of a complaint being lodged. If serious these will be referred to the Committee. The committee has the power to take appropriate disciplinary action including the termination of membership.

The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 5 days of the hearing.

There will be the right of appeal to the Management Committee following disciplinary action being announced. The committee should consider the appeal within 7 days of the Secretary receiving the appeal.

10 Dissolution

- (a) A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.
- (b) In the event of dissolution, all debts should be cleared with any club funds. Any assets of the club that remain following this will be distributed to members in equal parts.

11 Declaration

Stowmarket & District Cycle Club hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.