



# Portsmouth School of Cycle Racing

[www.psocr.com](http://www.psocr.com)

## CODE OF CONDUCT FOR YOUNG PEOPLE

When you take part in the i-Team.cc / Portsmouth School of Cycle Racing coaching sessions or events, you are expected to abide by the following code:

- You should arrive for training and competition in good time and be well prepared
- You must wear suitable kit (including a helmet) and clothing for training sessions, as agreed with the coaches & helpers
- You must always warm up and cool down properly
- You must listen to the coaches and respect their feedback
- You should always be a good sport.  
Applaud all good rides whether they are made by you, your team, or the opposition
- You must control your temper. Verbal abuse of coaches helpers or other riders, or deliberately distracting/provoking an opponent are not acceptable or permitted behaviours in any sport
- You should work equally hard for yourself and your team. Your team's performance will benefit, and so will you.
- You must respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- You should treat all participants in cycling as you would like to be treated. Do not bully or take unfair advantage of another competitor
- You should cooperate with your coaches, team-mates and opponents. Without them there would be no sport
- You should always remember to thank officials and opponents after training or a competition
- Last but not least – remember that cycling can be dangerous – listen to the coaches and always ride safe **AND HAVE FUN!**

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