

Welfare and Safeguarding Policy

The MI Racing Academy believes everyone who participates in cycling in all its disciplines is entitled to participate in an enjoyable and safe environment and to be given the chance to experience the fun, challenge and sense of achievement that are inherent to cycling. To ensure this, The MI Racing Academy is committed to implementing policies and procedures to ensure all those involved comply with the British Cycling code of good practice.

In addition, all young people are entitled to a duty of care and to be protected from abuse. The MI Racing Academy is committed to implementing policies and procedures to ensure everyone in the club accepts their responsibilities to safeguard children from harm and abuse. This means taking action to safeguard children and to report any concerns about their welfare.

The MI Racing Academy is bound by British Cycling's procedures for good practice and child protection that clearly states what is required of the club:

- Everyone knows and accepts their responsibilities and works together: parents, cyclists, coaches, mentors and club officials.
- All volunteers will be informed about their responsibilities and provided with guidance and/or training in good practice and child protection procedures.

The following terms are used in the club's policy:

- Anyone under the age of 18 is considered to be a child/young person.
- The term parent is used as a generic term to represent parents, carers and guardians.

British Cycling's Child Protection Policy can be found on their website. It is endorsed by Cycling Time Trials, and other leading national cycling organisations. The main points of that policy have been summarised below.

British Cycling requires:

- All affiliated clubs to appoint a Club Welfare Officer responsible for good practice and child protection; this officer must undergo a DBS check.
- All Club Welfare Officers, coaches and leaders to undertake relevant child protection awareness training or undertake a form of home study, to ensure their practice is exemplary and to facilitate the development of a positive culture towards good practice and child protection in cycling.
- All personnel (parents, cyclists, coaches, leaders, club officials, senior and junior club members) to receive advisory information outlining good practice and informing them about what to do if they have concerns about the behaviour of an adult towards a young person.
- All coaches and leaders working with children to attend a British Cycling one-day top-up course on child protection, or other training course run by the Local Safeguarding Children Board, or by the County Sports Partnership that

comprises good practice and child protection awareness training, guidance on child-centred coaching styles and information on child growth and development and its implications in cycling.

- All coaches should have an up to date first aid qualification

Welfare Officer

The MI Racing Academy has a Welfare Officer who is responsible for ensuring that our Child Protection Policy is implemented and making sure it is communicated to Club Members, Coaches, Parents, and Children. Our Welfare Officer will also advise The MI Racing Academy event organisers how best to safeguard the welfare of children and young people who are participating in those events.

If you have any concerns about the welfare of children involved in the Club you can contact our Welfare Officer by emailing welfare@themiracingacademy.co.uk

Information for Parents

Members of The MI Racing Academy will be welcome to take part in events and activities organised by the club. However The MI Racing Academy requires that parents or guardians of young people taking part in all our these events or activities complete our parental consent form.

This can be downloaded from the club's website and should be returned to any Club Official or brought to the activity/event that you wish to take part in.

Some of The MI Racing Academy activities may be challenging and anyone taking part must have the minimum level of skills and a suitable bicycle to participate in that activity.

For open road rides

- Children are only invited to take part when coaches feel they are sufficiently responsible for their own actions and have developed the necessary bike handling skills and fitness levels in order to cope with riding on the public highways.
- Children will only be taken on such sessions with the explicit consent of their parent
- Parents are welcome to join in such sessions, subject to their own fitness and skill levels
- Ensure that participants have identification details and emergency contact number(s) in case of an accident.
- Riders are expected to be self-sufficient and should bring their own drinks, snacks and spare inner tube(s), money, tyre levers, and a pump.
- All participants must wear a cycling helmet at all times whilst riding.

For coached sessions

- It is part of the British Cycling Code of Conduct that reasonable steps are taken to establish a safe environment where the young riders can enjoy developing their cycling skills.

- Parents / Carers are welcome to stay and watch the session, but this is not compulsory
- Children are expected to remain in the session from beginning to end unless they have to leave early. If the child has to leave early or is being collected by someone other than the Parent / Carer, the Parent / Carer must advise the coach of the details of the arrangement including who will be collecting the rider.
- It is the young rider's responsibility to participate in cycling competitions in a sporting manner
- Any young riders who persistently misbehave or put others at risk will be asked to leave the session.
- It is the parent's responsibility to ensure that their child's bike is in a safe condition to ride.
- A correctly fitting, approved cycling helmet must be worn at all times during the coaching sessions.

Guidance notes for Coaches and Event Organisers

All of our coaches and event organisers will adhere to the best practice guidance provided by British Cycling details of which can be found on their website
The following information covers the main points that coaches and event organisers need to adhere to.

Good Practice

The following principles should be adhered to by those involved in cycling:

- Conduct all coaching and meetings in an open environment; avoid one-to-one coaching in unobserved situations.
- Maintain a safe and appropriate relationship with young people.
- Avoid unnecessary physical contact with young people. Touching can be okay and appropriate as long as it is neither intrusive nor disturbing and the cyclist's permission has been given.
- Carry a mobile phone.
- Carry emergency contact details of all young riders taking part.

Poor Practice

The following is deemed to constitute poor practice and should be avoided:

- Spending excessive amounts of time alone with one child away from the others.
- Taking children to your home where they will be alone with you.
- Allow allegations made by a child to go unchallenged, unrecorded or not acted upon.

If cases arise where these situations are unavoidable, they should only occur with the full knowledge and consent of the person in charge, or the child's parents. If any incidents should occur that gives you concern for a child's welfare and safety, you should report them immediately to another colleague, make a written note of the

event (to be sent to the Club Welfare Officer and Club Secretary), and inform parents of the incident:

- If you accidentally hurt a cyclist (or a cyclist has an accident or otherwise requires medical treatment).
- If a child seems distressed in any manner.
- If a child misunderstands or misinterprets something you have done.

All mentors are required to sign up to the British Cycling Code of Conduct, which can be found in Appendix B of British Cycling's child protection policy.

Photography

Taking, and publishing on the internet, of images of under-sixteens is an increasingly sensitive issue. British Cycling has introduced the following policy to help protect members in this age group, which The MI Racing Academy will adopt:

- The MI Racing Academy will make every effort to limit shots taken, or published on its website, of riders in the under sixteen categories to images which involve racing or formal training or formal club on-the-bike activities.
- Off-the-bike shots of this age group will be limited to groups of riders unless provided by and with consent from a parent or guardian of the young person. As an exception to the British Cycling Policy above, The MI Racing Academy may also take and publish photos head and shoulders photos of under-sixteens in Team clothing and of under-sixteens receiving their awards at formal prize presentations.

The MI Racing Academy will always remove images from its website upon request to the club secretary or Welfare Officer.