



BIKE CLUB RULES

Rules for Kids

- No riding on the tarmac/playground before the session starts.
- You the rider, must follow coach's instructions - when the coach is talking, make sure you are listening!
- Do not misbehave in the coaching area - you may be asked to sit out if you do!
- If you the rider, require the toilet, you must be chaperoned/taken by your parent/carer and must inform the coach.
- When leaving the coaching area do not ride across the circuit - go around the outside.
- Helmet & robust shoes (no slip-ons) must be worn. Gloves (cycling mitts) are strongly recommended.
- Please arrive on time for the start of your session.

Guidance for Parents & Carers

- Riders must be signed IN and OUT.
- A drink should be brought to the session for rehydration.
- It is recommended parents remain on-site during the session.
- Bike maintenance is the responsibility of the parent/carer/child. Newport Cycling Club coaches and volunteers are happy to give advice and direction. *Please conduct a bike check with your child prior to arrival.*



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