

NORTH WEST CYCLING CLUB RULES & CONSTITUTION



1. NAME

a. The Club's formal name is North West Cycling Club, abbreviated to 'NWCC' and referred to throughout this document as 'the club' or 'NWCC'.

2. AFFILIATION

a. The club is affiliated with Cycling Ireland and will adhere to and comply with its Code of Conduct.
b. All Club members are required to hold appropriate Cycling Ireland licences or have suitable public liability insurance.

3. CLUB CLOTHING

a. The predominant club colours are to be that of Black, White, & Blue.
b. The production and ordering of club clothing shall be through an appointed Committee member. Payment will be through the Treasurer.
c. All members are to wear club clothing - weather permitting - during all NWCC organised cycling events and to be mindful of the reputational impact this has whilst riding.
d. Members are not permitted to wear the club colours of any other cycling club affiliated with Cycling Ulster whilst on organised NWCC club runs.
e. Visiting riders are to be encouraged to wear their club colours. A visiting rider is defined as a member of an affiliated CI club who infrequently rides with NWCC.
f. There will be no markup to the cost of Club clothing. The Committee reserve the right to amend this as required.

4. OBJECTIVES

a. The principle objective of NWCC is to promote, develop and foster a friendly environment which encourages participation in cycling irrespective of age, gender, racial origin, religious belief, sexual identity or disability.
b. The principle discipline is 'Road', however 'MTB' and any other forms as required will be supported also.
c. Members are permitted to enter competition events as NWCC riders providing they have the appropriate Cycling Ireland licence.
d. The club shall, from time to time, engage in charitable activities and local community events to further promote itself. The Committee shall approve all charitable events using the club's name for promotion.
e. When required, the club shall operate a suitable Youth Protection Policy that conforms to the requirements of CI and other statutory bodies. Further details can be found in the CI Vetting Policy.

5. ORGANISATION

a. As a Cycling Ireland affiliated club, the club affairs will be governed by an elected committee, to consist of not less than:

- (1). Chairman
- (2). Secretary
- (3). Treasurer

b. Each position must be held individually as there can be no sharing of these roles between individuals. Guidance on committee appointments as per the current CI 'Club Development Manual' will be followed.
c. Each position will be held for a planned period of 12 months whereupon an election process will be held to determine re-election or replacements as required.
d. No individual may hold the same committee appointment for a period of more than 2 years.
e. Election will take place via an open vote at the Club AGM, the timing of which is to be determined by the committee. AGMs are to take place no longer than once annually.

- (1). The agenda for an AGM is to consist of the following items:
 - (a). Apologies
 - (b). Minutes of Last AGM
 - (c). Matters Arising
 - (d). Chairmans' report
 - (e). Statement of Accounts (Treasurer)
 - (f). Agreeing subscription fee for forthcoming year
 - (g). Election of committee for forthcoming year
 - (h). Any Other Business.

f. All members shall be advised of the date, time and location of any proposed AGM not less than 14 weeks out. Motions must be proposed and seconded and a majority vote required in order to pass. The Chairman holds the casting vote in the event of a split.
g. Extraordinary General Meetings (EGM) may be called by the committee or when requested by one quarter of the paid up membership of the club. The format for an AGM will apply.
f. Votes on any matter may be received in writing (WhatsApp, Text message, Handwritten letter, Facebook, Twitter etc) so long as the voter is a paid up club member and reasonable steps have been taken to ensure the authenticity of the vote.
g. The committee may from time to time appoint temporary positions to the committee in order to facilitate the running of the club or its events. Alterations to the committee are to be made at AGMs or EGMs if required.

h. The club shall maintain a social media presence through the use of a webpage, Facebook page and Twitter feed. Other forms of social media may be used provided it is sanctioned by the committee. Club funds are required to service the club webpage and may, from time to time as decreed by the committee, be used to enhance the clubs profile and image both online and off.

i. Alterations to this constitution require two thirds of club members to vote in favour.

6. CLUB RUNS

a. Club runs shall be coordinated principally via Whatsapp which all members are encouraged to use.

b. Routes can and will be proposed via the dedicated 'NW Club Run' group on Whatsapp. Any member is able to propose a route and required pace so long as they are familiar with the route and willing to act as Road Captain for the event.

b. Road Captains should be able to route plan, navigate and both lead and manage the group successfully whilst on the road. They should be fully prepared to deal with any incidents during the run such as mechanicals, injuries or accidents. In addition, designated Road Captains must be prepared to identify those members of the group who are struggling and require some form of 'protection', be that shelter for extended periods on the back; moved to the front to set a more comfortable pace; allowed to 'do their own thing'; or required to take a shorter route home. Road Captains should be able to identify a suitable individual from within the group to act as 'chaperone' where such members require it. This is to maintain the clubs' ethos (no one gets dropped) and absolutely essential where youths are involved in order to adhere to Cycling Ireland policy. No risk whatsoever is to be taken where such individuals are concerned.

7. MEMBERSHIP

a. Membership of the club shall be open to all those interested in the aims and objectives of the club and who agree to abide by the rules contained within this constitution.

aa. At this time membership is only open to those over 18 due to the necessary requirements for child protection which the club is too small to manage at this time. This policy may change should the capability within the club change and willing volunteers come forward.

b. Club fees are paid annually by the end of the first month (January) and set at £20 for new and returning members. Failure to pay such costs within a reasonable time (as adjudged by the committee) may result in exclusion from the club.

c. All club members must obey the Highway Code, CI rules and the rules contained within this constitution.

d. A member will cease to be considered as such once they have allowed a period of three months or more to elapse without contact with the club regarding their status. Members who elect to leave the club will not formally do so (and therefore retain voting rights) until their annual subscription has expired.

8. DISCIPLINE

a. The club shall have power to suspend and if necessary remove from the list of members any member whom they consider to have acted in a manner prejudicial to the interest or welfare of the club or to their fellow club members.

b. Member complaints against fellow members are to be resolved in an adult manner.

c. Members should remain cognisant that at all times whilst wearing club kit, they are a representative of the club and public perception of it will be heavily influenced by their behaviour, be that good or bad.

d. Knowledge and application of 'The Rules' is not essential but is desirable in addition to those contained within this constitution.

9. CLUB EVENTS

9.1 RISK

a. All members participate at their own risk. All members shall understand that there is an inherent risk of injury, death and damage to equipment and third parties when they choose to participate in any physical exercise, sport, wellness or recreational activities. Cycling with the club is a voluntary activity in all respects and members shall assume all risks, including but not limited to injury and illness, that may result. The club will not indemnify any rider for loss or injury sustained whilst participating in club activity. Suitable Third Party (Liability) insurance is available online or through Cycling Ireland.

b. As in any physical activity, members must assure themselves as to their physical ability and health to take part in club events. Members are advised to consult a professional medical practitioner for advice before joining the club or should they feel unwell during the term of their membership.

9.2 CLUB RUNS

a. Unless advised otherwise, all NWCC group rides will meet in Foreglen village near the chapel.

b. Meeting times may vary, but generally, Sunday runs will commence at 9am. Wednesday evening summer runs at 7:00pm.

c. All group rides will be coordinated via WhatsApp.

d. All members participating in group rides are to:-

ride a serviceable road bike

wear an appropriate helmet

carry sufficient spares for repair

any additional clothing and/or food and water that may be required for the duration of the ride.

All participants must have suitable front and rear lights when riding in hours of darkness.

e. Ride two abreast unless the situation requires single file.

f. Never cross the white line unless safe to do so, and never onto the path of oncoming traffic.

g. Ride as close to the rider in front as safety, road conditions, speed of group, your own bike handling ability and/or the faith you have in the rider in front permits and do not overlap (aka 'halfwheeling'). Allowing big gaps to open up makes it harder for those behind to catch up or causes those in front to slow down unnecessarily. It may also encourage motorists to overtake leading to unnecessary danger and an increased likelihood of a serious accident.

- h. Anticipate hills and change gears in an efficient and timely fashion to prevent riders behind losing momentum and/or potential accidents.
- i. Members are not to react to aggressive motorists. Such people will go through life that way and are unlikely to change within a few seconds. Conversely, courteous drivers should be acknowledged with a wave.
- j. The 'ground rules' for each ride - such as route selection, pace, any areas where solo efforts are permitted - are to be agreed amongst those participating prior to the group leaving the meeting point. Club rides will generally split into two where participants require it. Groups will be formed on the basis of those who want to undertake a faster/longer/hillier ride and those who want a less involved 'social' ride.
- k. The universally accepted calls within a cycling group are to be used. These are:
- (1) "Car up" - There is a vehicle coming up behind the group.
 - (2) "Car down" - There is a vehicle approaching towards the front of the group.
 - (3) "Single file" - A call from riders at the back of the group when a vehicle is unable to pass the 2 abreast column safely. This call must be relayed forward by everyone to ensure that the move to single file is executed quickly and safely. The standard procedure is for the outside rider to drop back behind the inside rider. The call "single file" alerts everyone to the need to slow up and create spaces in the inside file.
 - (4) "Clear" and "Car Left/Right" - This call let's following riders know at junctions, when the group is joining or crossing another road, whether or not the road is still clear. Never shout "Clear" unless you are sure it is safe for the following riders to proceed. If the group cannot stay together the first ones across ride slowly until the others catch up.
 - (5) "Hole" - Any pothole that could cause a rider to fall. If possible indicate where it is so that following riders can steer away from it and not into it. Do this by either pointing or adding to the call "on the left (or right)."
 - (6) "On the Left/Right" - A general warning of some kind of hazard - usually parked cars or pedestrians. For hazards on the left, an alternative warning is to put your left hand behind your back, pointing to the right, away from the hazard. Give way to pedestrians - they can feel intimidated by cyclists just as we sometimes feel intimidated by motorists.
 - (7) "Lights"; "Junction"; "Stopping"; "Slowing"; "Easy" or placing a hand in the air - If you brake without letting those behind know your intention you can easily cause a big accident within the group.
 - (8) "Puncture" or "Mechanical" - Let the others know and they will wait while you repair it. (You will probably be given help or at least have your technique heavily critiqued).
 - (9) "Horse(s)" - The group is about to pass horses and special care is needed. Pass as widely as possible. Make sure that both the horse and rider are aware of your presence and if you are approaching from behind call out. Pay attention to any request by the horse rider - they know the temperament of the horse and its likely reaction to a group of brightly clad cyclists and half a ton of muscle and bone jumping on you will hurt.
- l. Tri-Bars are not permitted on Club Runs for safety reasons.
- m. Members must refrain from dropping of litter such as food / gel wrappers. Litter should be put back in your pocket and disposed of appropriately. Dropping litter gives the club and cycling in general a bad image.
- n. Toilet stops should be planned in advance. Anyone needing a toilet break should be considerate of other members of the group and the public.

10. SOCIAL EVENTS

- a. The Club will from time to time, seek to organise club social events. Club funds may be made available to offset the cost of such events where approved by the committee and when voted upon by the a majority of the club as required.
- b. Prizes will be awarded annually to the individual voted (by majority) to be the Club member of the Year and the Newcomer of the Year. The former is to be awarded to the member who has added the most value to the club throughout the year. It will not have a prescriptive scope in order to allow the widest possible meaning to apply. It will be voted for by all paid-up club members and with the Chairman holding the casting vote in the event of a tie. The Newcomer of the Year will be eligible only to those members who joined in that calendar year and will be awarded at the discretion of the Chairman alone. Prizes will take the form of a small token offering, possibly a gift voucher of approximately £20 as decided by the committee and will be awarded at the clubs' Christmas Dinner. Further prizes or enhancements to existing prizes can be announced as required