



## **Towy Riders Online Meetings – Code of Conduct for Adults & Juniors**

The following has been issued to define the purpose and accepted use of Online Meetings for Towy Riders.

It is the intention of Coaching Staff to use online meetings as a means of regular communication with athletes, especially during times such as the COVID-19 situation but could also be used during periods of inclement weather. This will allow the coaches to deliver both, but not restricted to, live land work sessions and turbo bike sessions from home, as well as the delivery of educational workshops.

### **Guidelines**

- Coaches have currently identified the following means of communication as useful to delivery...
  - Zoom Meetings App – Full video conferencing
  - Zwift – Online training game
  - WhatsApp group call – Generally used for audio conferencing alongside Zwift
- Zwift training provides a very rich training environment with engaging targets and an interactive environment. The best experience is achieved with a smart trainer which can be expensive. Zwift membership is £12 per month (cancel anytime) and junior accounts are free for children of Zwift members. Junior membership opens up events for juniors. Zwift training is often accompanied by WhatsApp audio conference. Junior training events created by Towy are set so that slower riders remain with the pack unlike normal Zwift events.
- Conferencing junior sessions must include 2 adults, ideally the Coach and at least one other identified adult. The adult only needs to be present in the room, able to monitor behaviour and intervene if language or behaviour becomes inappropriate.
- Parents are responsible for the safety of junior athletes. Make sure water and ventilation are available and monitor progress.
- Junior athletes communicating directly with coaches (not in open forum) must have their parent included in the communication.
- Participation in online events is only allowed under this code of conduct. If you do not accept this code for whatever reason, then you should refrain from participation.
- Try to join at least 10 minutes before the start to say hello to fellow riders and discuss the session and stay online for 10 minutes afterwards for the same reason
- All participants are reminded of the Welsh cycling safeguarding Policy which can be found here: <https://www.britishcycling.org.uk/wales/article/Welsh-Cycling-Safeguarding?c=WA>

### **RULES**

1. No Swearing – not only the participants can hear you, there are often family close by.
2. No meanness or bullying – always make encouragement positive.
3. No nudity – no matter how hot, keep your shirt on!
4. You control your effort, don't over train
5. If it's not fun, then don't do it - cycling is for fun and not everyone enjoys indoor cycling
6. Feed back to the event organiser - say thank you and give feedback so that events can be adapted to suit as many people as possible
7. All club sessions must be published to everyone with details of intensity, time and purpose so that riders can join in with the sessions that best suit them.