



## CYCLOPARK COACHING RULES

1. Always wear a helmet during all wheeled activities
2. When the coach is speaking please listen don't talk. Follow the coaches instructions & always ride safely
3. If an accident happens, STOP & wait until the coach says it's safe to ride again
4. Wait your turn and do NOT leave the group, unless you tell the coach

**Stay Safe, Have Fun, Aim To Learn Something New!**



# COACHING CONDUCT & AIMS

## Conduct Rules:

- Respect; Equipment, Coaches & helpers, Each Other!
- No swearing or use of inappropriate language
- No name calling or teasing
- No blaming
- No touching

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## Session Aims:

- Stay Safe!
- Have Fun!
- Get active!
- Learn / try something new!





# CONSEQUENCES



For any breach of the safety rules above, behaviour or language deemed inappropriate by the coach, the following consequence scale will apply to a single coaching session:

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**Step 1:** Verbal warning from the coach – explaining why the behaviour is wrong.

**Step 2:** Second verbal warning – advise them next step is a time out.

**Step 3:** 5 minute time out. Rider will stay with the coach for supervision & will not participate. Ask if the rider is ready to come back and can stick to the rules.

**Step 4:** Rider asked to leave the session.

**Step 5:** Serious breaches will be followed up by a call with the venues Cycling Development Manager to determine further action, such as a week / month ban.

