



Est. 2015
Stonehaven
== CYCLING CLUB ==

Member's Handbook

March 2023



Stonehaven Cycling Club Members Handbook

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Introduction to Stonehaven Cycling Club

Welcome to Stonehaven Cycling Club (SCC). Set up in 2015, the club has quickly become one of the largest cycling clubs in Scotland. Our club jersey is always seen out on the road, whether on a social cafe-ride with friends or in a more competitive environment. It is great to see so many Stonehaven cyclists embracing the “cycling for all” ethos.

During the summer months, the club organizes regular training rides on Wednesday and Thursday evenings in addition to longer café rides every Sunday morning. During the winter months the weekday evening rides are suspended, however the Sunday morning rides continue all year round.

Additional rides are often organised by club members with details normally posted on our Facebook page. Increasingly, virtual group rides are being organised, you'll also find details of those on Facebook.

The club is run by an enthusiastic group of fellow cyclists, if you have any ideas that you think would benefit the club, please catch one of us to discuss it when we are out on the bike.

Whether you are a roadie, love gravel and mud, or just want to socialise, SCC is the club for you.

Club Ethos

Our motto is Cycling for All. SCC caters from beginners to competitive cyclists. During the year we have weekly club rides, several social and charity rides and indoor turbo training in the winter months. Please come along and join us – everyone is welcome.

Stonehaven Cycling Club Constitution

The SCC Constitution was approved and implemented by the SCC membership at the Club's first AGM held in July 2015. A copy is available on the Club's website.

Communications

To keep up to date with the Club you can follow us on Facebook or look at the blog on our website www.stonehaven.bike.

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There are two Facebook pages. One is open to the general public and the second is for club members only. The members only page is used for organising rides and club related discussions. Please contact the club membership secretary if you are a member and would like access.

There is also a members-only Strava group where you can see weekly leaderboards and what other members have been up to! Strava is used for route planning in addition to publicising upcoming rides.

During the Covid pandemic, we have started using the Spond App to organise club rides and manage track-and-trace requirements. To sign up for Spond you need to download the app and then register with the Club.

Finally on the website blog, you will find links to many helpful and interesting videos, such as group riding etiquette and bike maintenance.

SCC Committee

The Committee members are all volunteers and are approved at each AGM. The SCC Committee for 2021-2022 are:

Post	Post Holder	Contact Email
Chair	<i>vacant</i>	yellow@stonehaven.bike
Vice Chair	<i>vacant</i>	
Secretary	Peter Henderson	secretary@stonehaven.bike
Treasurer	Laura Mowatt	
Membership	Jenni Ramsey	membership@stonehaven.bike
Kit	Pharic Cambell	kit@stonehaven.bike
Head Coach	<i>vacant</i>	
Coaching Co-ordinator	Trish Grear	
Training Co-ordinator	Mo Howard	

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Social	Nicola Laurensen & Jane Tulloch
Welfare	Emma Veitch & Jane Tulloch
Communications/ Website	Andrew Cooper
Ordinary Members	Pauline Robertson
Covid Co-ordinator	Margaret Anderson

Membership Policy

The membership year for SCC is 1st July to 30th June. New members that join the Club after 1st April in any year shall have their membership run into the following year (ie 15 months of membership).

The AGM shall be held in May each year and at the AGM the membership shall approve membership fees for the following year.

SCC membership does not include membership of British Cycling. All members are encouraged to join British Cycling to gain liability insurance, legal advice and many other benefits. To find out more information please look at www.britishcycling.co.uk

Membership of SCC entitles members to additional benefits. These are listed at the end of this document.

The Club membership secretary can be contacted by email through membership@stonehaven.bike. The Club membership secretary will keep member details up to date so please advise of any changes especially changes to your emergency contact details.

Upon joining the Club, you will be supplied with a Club membership card. It is advisable to carry this card when out on your bike as it will hold your emergency contact name and telephone number. You may also need to show your membership card while claiming Club benefits at various retailers.

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Minimum Operating Standards

In order to remain affiliated with Scottish Cycling, it is mandatory that we adopt their Minimum Operating Standards. This means we must have documents in place relating to: Code of Conduct, Wellbeing and Protection, Communications, Data Use, Equality, Disciplinary and Anti-Bullying.

A copy of each document is available on the Club's website, with a brief summary of each below:

Code of Conduct

We are committed to encouraging the participation, enjoyment and enthusiasm of every member within our Club. To achieve this, we rely heavily on our members to give their time and support in creating a welcoming, safe and fun environment, that promotes inclusivity and diversity.

Club members are asked to always abide by this Code of Conduct. Please return a signed copy to the MEMBERSHIP SECRETARY.

Wellbeing and Protection

The safeguarding of children is everyone's responsibility, particularly when it comes to protecting children from abuse. Everyone within the Club has a responsibility to ensure the safety of children and young people involved in the sport. The Club will place the needs of the child first and winning and competition second. Our Wellbeing & Protection Officer is PETER HENDERSON.

Communications

We use a range of platforms to communicate with riders. This policy is to ensure that all oral and written communications between participants within the Club and between the Club and external parties are transmitted efficiently, are clear, courteous and constructive, and are dealt with in a prompt and professional manner.

Data Use

We are committed to respecting your privacy. This document explains how we may use personal information we collect before, during and after your membership with us. This document applies to you if you have registered yourself to become or are a member of our Club. It also explains how we comply with the law on data protection, what your rights are and for the

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purposes of data protection we will be the controller of any of your personal information.

We have not appointed a Data Protection Officer to oversee our compliance with data protection laws (as we are not required to do so), but our Membership Secretary has overall responsibility for data protection compliance in the Club.

Equality

Stonehaven Cycling Club is fully committed to the principles and active promotion of equality of opportunity. The Club is responsible for ensuring that no member or volunteer receives less favourable treatment on the grounds of a protected characteristic. Protective characteristics are disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sexual orientation, sex (gender) and age.

Disciplinary and Anti-Bullying

We strive to ensure that our Club is a safe place for all involved – riders, coaches, leaders, parents and guardians and the wider club community. In this document you will find a list of behaviours and conduct that are deemed to be unacceptable and would be subject to our disciplinary process. You will also find details of the three-stage disciplinary process.

Club Kit

You can never have enough cycling gear! Our Club kit is supplied by Kalas. An online shop will be open several times per year and members will be notified by email when the shop will be opened and details for logging on to the Kalas website.

For any more details send an email to kit@stonehaven.bike.

Club Benefits

From time to time the club organises training courses such as group riding training, first aid courses and bike maintenance courses. These events are only open to club members and are often subsidised from Club funds.

As a member of Stonehaven Cycling Club you can get the following fantastic discounts. Just remember to take along your SCC Membership Card. Please check

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with the proprietor to confirm the discounts before booking or purchasing to avoid confusion or disappointment.

The Spectacle Company	10-15% discount in practice for the following: 10% off pay-on-collection contact lenses. 15% off sunglasses including Oakley. 15% off prescription glasses including sports eyewear. http://www.thespectaclecompany.co.uk/ 01569 765222
Bike Remedy	10% discount on accessories and clothing https://www.bikeremedy.co.uk/ 01569 763276
Cotswold Outdoors	15% in store and online. https://www.cotswoldoutdoor.com 01224 593639
Craigdon MS	15% in the Aberdeen and Inverurie shops and online at www.themountainedge.com (use discount code CLUB15 when prompted at the online checkout). Please note that the 15% is not applicable to gift vouchers or sale items discounted by more than 15%. https://www.themountainedge.com/ 01224 624333
Serre Des Ormes (holidays)	5% discount. http://www.serredesormes.co.uk/ +33 4 92 58 04 55
Beaty 4 U	10% discount on sports massages and Swedish massage/Chinese cupping. See Facebook for details. 01569 762613
