

Tripleshot Cycling Club Code of Conduct

Background

Since 2006, Tripleshot Cycling Club (“Tripleshot”) has been guided by the belief that group exercise, challenging recreation, and socializing together improve our physical and mental health and make us better citizens with a stronger sense of community. Joining Tripleshot gives us a wide range of riding partners with a common culture. Please help Tripleshot honour sport and foster inclusiveness, respect, safety, and personal integrity by abiding by the following Code of Conduct.

Inclusiveness and Respect

Tripleshot Members:

- Preserve the dignity and foster the self-esteem of each member of Tripleshot
- Ensure that everyone is treated equally, period. (If you need further clarity, this means regardless of age, ancestry, colour, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, marital status, gender identity, gender expression, sex, and sexual orientation, economic status, and riding ability, along with absolutely anything else that makes a distinction between people!)
- Respect the principles and rules of Tripleshot
- Make all members feel welcome
- Make sure that fellow riders are not dropped from no-drop rides
- Treat everyone else as if they are the most important person on the ride (because they are!)

Safety

Tripleshot members:

- Ensure that rides, races, and other Tripleshot activities are safe
- Anticipate and prepare for risks
- Are prepared to act quickly and appropriately in case of emergency
- Never leave fellow riders alone in the event of a mechanical or injury
- See that riders with potentially serious injuries seek medical care and a car pick-up
- Do not take unnecessary risks that endanger fellow riders or other road users
- Speak up if they observe something unsafe happening on a ride, a race or a Tripleshot activity
- Protect and assist riders who are struggling with the pace on no-drop rides

- Avoid and de-escalate confrontations with drivers or other members of the public

Personal Integrity

Tripleshot members:

- Abstain from all activities considered to be harassment*, sexual harassment** or intimidation***
- Exercise self-control
- Do not ride roads or trails in ways that endanger themselves or other users
- Are responsible for knowing legislation, rules, and regulations that apply to where and how they cycle, including where cycling may be prohibited
- Do not knowingly lead Club rides on trails that are off-limits to bikes
- Are responsible for mitigating the impact of their rides on other road/trail users and on road/trail conditions
- Give and receive advice and criticism gracefully - nobody is perfect
- Constructively resolve disagreements over coffee

Honouring Sport

Tripleshot members:

- Strive for personal athletic improvement in the context of friendship and fair play
- Abide by rules and norms of competition when riding and racing
- Respect race officials and ride leaders, and accept their decisions and advice
- Show appreciation for the community around us that supports our sport
- Are ambassadors for cycling and for Tripleshot

Disciplinary Action

- A member's failure to achieve or maintain an expected standard of behaviour, as set out in this Code of Conduct, may be considered an infraction and may result in the imposition of disciplinary measures
- Tripleshot encourages individuals to first attempt to resolve conduct issues informally, whenever possible. Options for informal resolution include speaking to the person and informing them that the conduct was unwelcome or inappropriate and asking for it to stop; or seeking the input or support of a member of the Tripleshot Board
- If an informal resolution fails to resolve the issue, or if the circumstances are such that informal resolution is not possible or appropriate, any person may report an infraction of this Code of Conduct to the Tripleshot President or, if the complaint is with respect to

the President, to any other Tripleshot Board member. This should be done within 14 days of the occurrence of the issue

- Tripleshot may determine that an alleged infraction is serious enough to warrant discipline of the member. In these cases, the Board may investigate and determine disciplinary action
- Tripleshot may determine that an alleged infraction is serious enough to warrant suspension of the member, pending an investigation, a hearing and a disciplinary decision
- The investigation may be performed by one or more Tripleshot Board members, and the hearing and decision may be undertaken by a separate panel of past and/or present Tripleshot Board members. This panel will be struck as and when necessary to complete these tasks
- The decision for disciplinary action will sit with the panel, and the Tripleshot Board is authorized to enforce the panel's decision for disciplinary action against any member, consistent with the provisions of this Code of Conduct
- In deciding the appropriate action, the rules of procedural fairness must be respected. Thus, the person affected must know the allegations against them and must be given a chance to respond to the allegations
- Disciplinary action may include, without limitation, a demand for an oral or written apology, reparations for damage caused, suspension, or expulsion from Tripleshot
- In the spirit of transparency, and in order to apprise members of Club decisions regarding conduct issues, notice of any disciplinary action imposed by Tripleshot will be posted publicly, except no minor's name will be published

* Harassment includes unwanted physical or verbal behaviour that is offensive or humiliating

** Sexual Harassment includes any conduct, comment, gesture, or contact of a sexual nature that is likely to be unwelcome

*** Intimidation includes frightening or threatening behaviour