

# Argyll Velodrome Racing Academy

## Cyclist Code of Conduct

The AVRA athlete will honour and support the  
Argyll Velodrome Racing Academy  
by adhering to the Academy's Cyclist Code of Conduct.

1. Be respectful by using appropriate language in appropriate tones when interacting with other athletes, coaches, officials, parents, and spectators. Do not taunt, use obscene gestures, or engage in boastful celebrations that demean fellow athletes
2. Treat all athletes, coaches, officials, parents, and spectators with dignity and respect
3. Do not provide, use, or condone the use of performance-enhancing or recreational drugs
  - a. As an underage athlete, understand you are not permitted to provide, use, or condone the use of alcoholic beverages
  - b. As an athlete of legal age, understand your right to use alcohol when not participating in a team event because it is legal to do so. Use alcohol responsibly and in moderation.
4. Arrive on time for all training session, meetings, testing and competitions: only emergencies, illnesses, and school and/or work commitments are acceptable reasons for tardiness or absence
5. Strive to become the best cyclist possible by training and eating appropriately.
6. Compete by the rules of the sport; demonstrate and encourage good sportsmanship both in victory and defeat.
7. Be honest.
8. Be respectful of your property, and the property of others.
9. Always consider safety during training and racing. While on a bike (excluding trainers) always wear a properly fitted helmet.
10. Encourage and assist fellow teammates, as cyclists and human beings.
11. Report injuries and health concerns to your coach.