



Guernsey Velo Club Membership Form 2010

Send completed form (both sheets) with cheque payable to GVC to:

TIM LUSCOMBE, GVC MEMBERSHIP SECRETARY.

c/o CycleWorld, Camp Du Roi, Vale, Guernsey, GY6 8DE

e-mail: cycleworld@cwgsy.net

tel: 01481 255190

CLUB CHAMPIONSHIP CLASSIFICATION

Which category?

The following categories are available. Should your birthday fall during the season causing the category to change, then you may choose to ride either, but must race in that category all season

Mountain Bike Classes

Expert / Advanced: Any rider other the under 16 category who is not a Fun/Novice

Veteran: Riders over 40

Fun/Novice: Any rider older than 16 not wishing to move to Expert or Advanced Class

Road Event Classes

Grand Veteran 50+ : Veteran 40+ : Senior 23-39 : Espoir 18-23 : Lady 18+ : Junior16-18

Riders Under 16

Under 16 : Under 14 : Under 12 : Under 10 : Under 8

Please detail all applicants below

Complete form in capitals

Surname	First Name	Date of Birth	Race Category MTB / Road
			/
Please tick box to confirm that the applicant has read and understood the Rider Safety Document			<input type="checkbox"/>
			/
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Please tick box to confirm that the applicant has read and understood the Rider Safety Document			<input type="checkbox"/>
			/
Please tick box to confirm that the applicant has read and understood the Rider Safety Document			<input type="checkbox"/>
Address: <input style="width: 100%;" type="text"/>			
Postcode: <input style="width: 30%;" type="text"/> e-mail: <input style="width: 60%;" type="text"/>			
Contact Numbers:		Home <input style="width: 80%;" type="text"/>	Work <input style="width: 80%;" type="text"/>
		Mobile <input style="width: 80%;" type="text"/>	

MEMBERSHIP FEES

(includes Insurance and most local racing fees excepting non racing members)

Senior / Veteran / Grand Veteran (joint with NR spouse/CHP*	£50.00	
Joint-Husband, wife/CHP* eligible to race	£50.00	
Family-Husband, wife/CHP* and all under 16 and younger eligible to race	£70.00	
Single Parent Family - all eligible to race	£60.00	
Family - one parent and all juveniles (under 16 and younger) to race	£60.00	
Junior under 16 but under 18	£30.00	
Juvenile under 16 years and younger	£20.00	
Over 65 years old	£35.00	
Non racing	£20.00	
Volunteer Member	Free	
*CHP = Co-Habiting Partner	Total Cheque Amount	<input style="width: 100%;" type="text"/>

Note: 50% of relevant membership fee if joining the G.V.C. after 31st July

Race Duties

All GVC racing members aged 18 and over who have been a member for a year, must perform 5 Race duties each year. Selecting from a range of events would be appreciated. Failure to discharge your allocated duties satisfactorily, will lead to a 3 week race suspension. Dates are allocated on a first come basis. Please fill in 10 dates where you are able to undertake a duty, of which only 5 will be required. The first five will be allocated if available, the remaining choices are used only if your first choice are unavailable. If your 5 duties cannot be allocated from your choices you will be contacted to arrange alternatives by the Chief Marshall. New members - Please volunteer to help your club by doing some marshalling.

1	2	3	4	5
6	7	8	9	10

If you object to your contact details being given to other club members please tick here

STATEMENT OF INDEMNITY

I (the person applying and named overleaf) declare that I accept the conditions appertaining to the events as set out in the GVC handbook, the entry form or signing-on sheet published by the GVC.

I understand that the events will be held under the rules and regulations of the Guernsey Velo Club (GVC), Cycling Time Trials (CTT) and British Cycling (BC), as shown in the current handbooks, which are available for inspection from the membership secretary and I confirm that I shall abide by such regulations. I further declare, that I am not at present under suspension by CTT, BC or any organisation with whom the CTT or BC have an agreement or (if so) such suspension will have expired by the date of the events in which I wish to partake.

I agree to accept the decision of the GVC and the event organiser, in all such matters concerning the events and my participation in them, subject to such rights of appeal or review as may be provided for in the rules and regulations of GVC, CTT or BC.

I understand and agree that such events, may be held on the public highway or on private land, and I participate therein entirely at my own risk, and that no liability whatsoever shall attach to the event organiser the GVC, or any officials of the event, landowners, CTT, BC or any club affiliated thereto or any member of such club for any injury, loss or damage suffered or caused by me in or by reason of the event, however such may be caused, and whether by negligence of otherwise.

Parental Consent

I (being the Parent or Guardian of the person named overleaf) understand and agree that my son/daughter participates in events promoted under the rules of GVC, CTT and BC entirely at his/her own risk. I have considered and understand the nature of such events and I have discussed them with my son/daughter. I am satisfied that my son/daughter understands the Statement of Indemnity as laid out above.

I understand that some competitions are held on the public highway and that he/she must assume full responsibility for his/her own safety in relation to other traffic. I understand and I have emphasized to him/her that the function of the marshals in such events is to do no more than indicate the direction the rider should take and that the responsibility for negotiating any hazards is entirely the responsibility of the rider.

I understand further and have impressed on my son/daughter that all competitors in events must observe the law of the land and the rules and regulations of GVC, CTT and BC.

I agree that my son/daughter shall participate in such events without any liability whatsoever on the part of the event organiser the GVC, CTT, BC or any club or official affiliated thereto or its officials or members in respect of any injury, loss or damage suffered by him/her, however caused.

If you are under 18 years of age you **must** get your Parent or Guardian to countersign this form below:
Parent / Guardian: I confirm that I have read and understand the Statement of Indemnity and Parental Consent above and I agree to his / her participation.

Signed Print Name..... Date.....

Members over 65 years old not in full time employment

For insurance purposes please confirm that your health history is: Poor / Good / Excellent (please delete as appropriate)

Application

I hereby apply for RENEWAL of MEMBERSHIP / NEW MEMBERSHIP* (please delete) of Guernsey Velo Club. I confirm that I have read and understand the Statement of Indemnity and that I agree to abide by all Guernsey Velo Club rules.

Enclose your cheque payable to “Guernsey Velo Club”.

All members to sign below.

Signed

Date

Signed

Date

Signed

Date

Signed

Date

Signed

Date



MEMBERSHIP BENEFITS

A. FULL RACING MEMBERSHIP

1. Free entry to all GVC events (except Easter and MTB Tour of Guernsey and subject to the levy of £1.00 for events of 25 miles and over).
2. Full qualification for prizes and Club awards
3. Third party insurance cover when competing and participating in GVC organised events
4. Limited personal injury insurance when competing and participating in GVC organised events
5. Financial support from the GVC Rider Development Fund for up to three non Island events per year
6. Financial assistance from the Sports Commission Grant in Aid Scheme when riding off Island
7. Access to qualified British Cycling coaches
8. Club Handbook
9. Access to the Velo Club website and Club Magazine
10. Participation and voting at the AGM eligibility for the GVC committee and sub committees

B. NON RACING MEMBERSHIP

Benefits number 3, 4, 8, 9 and 10 only as listed above

C. VOLUNTEER MEMBERSHIP

Benefits 3, 4, 8 and 9 only as listed above - plus free GVC t-shirt

D. DAY MEMBERSHIP

Benefit number 3 only as listed above

Rider Safety Guidelines

The GVC has been organising cycle races in Guernsey for over 40 years and it essential that everybody fully understands how riders are expected to conduct themselves when taking part in a cycle race on the roads of Guernsey. It is also important that the role of the marshal is clear to all so that riders know what to expect from a marshal at a junction or at the turn in the case of a time trial.

The club committee has a responsibility to issue safety guidelines to all club members these will be reviewed periodically and updated as and when necessary. The club will issue a copy of these guidelines to any rider joining the Guernsey Velo Club for the first time and annually when existing members renew their membership. The objective of the guidelines is to ensure that going forward the club is seen to promote safe cycle racing in Guernsey and that all club members are aware of how they contribute to the continuation of safe cycle racing.

It is important that all riders and marshals read and fully understand the following guidelines and also the consequences of not following them.

When racing on the open road a rider should bear in mind the following simple but very important points at all times:

- Do not ride in a manner that may cause injury to you.
- Do not ride in a manner that may cause injury or damage to a member of the public or other road users.
- Do not ride in a manner that may bring the club into disrepute and in turn could lead to the banning of cycle racing by the local authorities.

These 3 points may seem fairly obvious and I am sure that we all consider nothing less when sat on the start line of a race, but sometimes they seem to get pushed a bit to the back of our mind during the heat of a race. We need to remember a cyclist is extremely vulnerable and a crash helmet will offer little protection in the event of a serious road accident. During the history of our club two members have been left with serious long term disabilities (and that is putting it mildly) following accidents involving cars, we do not want to have any more.

Other points to consider:

- Do not cut corners and stay on your side of the road, this refers to both right hand corners and the entry and exit from left hand corners where there is a white line marking the centre of the road. Apart from the safety point of view, this will be deemed to be shortening the course in a time trial and will be looked on as cheating.
- Overtake other vehicles safely; this is a difficult topic to cover accurately with words but this is very much down to how a rider perceives a particular situation. Avoid overtaking manoeuvres near to junctions, time trial turn points or corners. In the case of a road race do not overtake any vehicle if it would not be safe for the bunch to follow. It is better to arrive at the finish a few seconds slower than arrive at hospital in an ambulance, there is always another race; you only have one life.

- Approach all junctions with a view that you may need to stop or slow down, the marshal will do their best to get you through the junction without the need for the riders to slow, but do not assume you have right of way.
- When making a right turn, either at the turn point of a time trial or at a junction, always look behind for traffic and give a clear hand signal before making the turn.

Other more general issues to consider:

- Do not take advantage of an unusual situation in a road race to gain an advantage (i.e. a herd of cows). This is unsporting.
- Never ride with your head down, this been the cause of several deaths in the UK in recent years.
- When riding in a bunch always keep an eye on the wheel in front of you, the biggest cause of crashes in a bunch is wheels touching.
- Never use abusive language to other road users, apart from the fact that abusive language is never needed, you may be shouting at a sponsor, a politician, an off duty police officer etc.
- When riding in a neutralised section (e.g. Kings Mills/Talbot Valley junction). The person at the front must not accelerate until the last rider in the bunch has negotiated the corner. In the instance where a junction is not marshalled the junction should be considered neutral

The Role of the Marshal

Although our race marshals do not have the power to stop traffic at a junction (only police and special constables do) historically they have done so. It goes without saying that if a junction is marshalled correctly both riders and members of the public should avoid any incident.

The basic rules of marshalling effectively are:

- Wear a marshalling jacket and carry a red flag
- Stand in the road at the junction in clear sight of the riders and other traffic.
- Give clear hand signals to traffic if you need to stop them, eye contact with the driver usually works.
- A clear hand signal will be the arm fully extended at shoulder height in the direction of the car or rider(s) with the palm of the hand facing the car or rider(s). Shout instruction to the riders if required, but be aware they may not hear you.
- If a driver looks like they are not going to stop give a clear signal to the rider(s) to stop.
- If all traffic has stopped or there is no traffic, wave the rider(s) through and if you can with a clear indication the junction is clear.
- After the rider has passed through the junction turn to the driver and thank them for stopping.
- If anybody questions your authority refer them to the president or the race organiser.

If riders are seen by marshals or club officials, this includes race marshals, not to be following the above guidelines then action will be taken to discipline the rider concerned. We all need to understand that we are given permission to race on the roads but still need to ride in a sensible and safe manner; it is not our race track. We need to ensure that our actions as individuals do not lead to the loss of racing in Guernsey if we get it wrong.