1. All Club Rides shall be conducted in accordance with UK Law, the Highway Code and in line with current British Cycling recommendations for your chosen discipline.
2. Members attending Club events will at all times conduct themselves in a civil manner. Any behaviour that may bring the Club into disrepute will not be permitted. Any conduct issues will be discussed with the individuals concerned by relevant committee members and may lead to action determined by the Club’s Disciplinary Procedure.
3. All riders taking part in any Club event shall wear a fit for purpose cycling helmet:
	1. Riders must ensure it meets current UK Safety Guidelines.
	2. Riders must ensure it is replaced as per the above safety guidelines.
4. Bicycles must be fit for purpose for the discipline the member is participating in.
5. All members should familiarise themselves with the rules governing their chosen discipline. The Club have created specific guidance for social riding and members are particularly encouraged to read the Guide to Group Riding. Where there is any confusion, guidance can be sought from any lead rider or committee member.
6. All members are actively encouraged to help in the running of a Club event and on occasions may be contacted to request their services.
7. Club Members are free to compete for different clubs in different cycling disciplines. In accordance with British Cycling Rules, however they may only compete for one club at a time as their nominated club for the disciplines of Road and Track Cycling in a British Cycling organised event.
8. Any Member wishing to resign from the Club and compete for another club during the current season and in a discipline for which they have already represented the IBC, must inform the Club Secretary and formally send notice of their decision to resign.
9. Under no circumstances may a lapsed Member compete or participate in any cycling events or rides, by using or registering under the Club name. Lapsed members may not use the Club Kit to mislead or give the impression of being a Club Member.
10. In the event of a non-member using the kit to give the impression of membership the Committee will take all possible actions to prevent such a reoccurrence.
11. Single day Club membership may be made available upon approval of the Committee for events where participants are required to be a member of a club. Day members shall not be allowed to receive any Club trophies or awards.

1. All Members competing in events open to other clubs shall wear the current Club jersey as registered with British Cycling.
2. No activities, events or promotion shall be organised under the operating name of the Ipswich Bicycle Club or shall any affiliation be made which may lead individuals to believe any activity is under the control of the Club without the full prior approval of the Club Committee.
3. No Club member shall undertake any coaching or tuition activity or offer any guidance to members unless qualified and appointed by the Club Committee.
4. Notice of any proposed alteration or addition to these rules should be forwarded to the Committee for review and acceptance at the next available Committee Meeting. To be published within 2 weeks from acceptance.
5. British Cycling have produced a Universal Safeguarding Policy and the Club reserves the right to refer to it as appropriate. The policy sits alongside our Code of Conduct and Membership Rules, providing further guidance on safeguarding if needed. Members will be guided towards the policy upon request.
6. Every active member shall be supplied with a copy of these rules by which he/she shall be bound.

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| DATE | AMENDMENT DETAILS | COMMITTEE MEMBER |
| 13/09/2017 | 2017 Review  | Wendy Boother  |
| 01/11/2021 | 2021 Annual Review  | Sarah Bowles & Anne Betts |
| 13.02.2025 | 2025 Annual Review  | Anne Betts, Tracy McKenzie & Kevin Stark |
| 17.03.2025 | Adopted at March committee meeting. |  |