



# RULES & REGULATIONS

## Association Vélo Club Les Gets

---

**PAY ATTENTION ABOUT DOWNHILL MOUNTAIN BIKING IS A COMMITTED ACTIVITY THAT CARRIES SIGNIFICANT RISK OF FALLS THAT COULD CAUSE SERIOUS INJURY.**

**In addition, to ensure the proper functioning of the association and facilitate volunteer management work, it is important that everyone observe the following rules:**

- Members are required to pay all fees when they give their inscription folder. **Any folder with missing will not be treated.**
- The only one licenses which are admitted are from the FFC.
- Any member applying for a license must pay club membership fees at the same time: **NO LICENSE WITHOUT CLUB FEES**
- Members are required to have public liability insurance if they participate in a club event. Velo Club Les Gets accepts no responsibility in case of accident.
- It is strongly recommended that members subscribe to the supplementary insurance offered by the FFC when applying for a license.
- Places and dates for training are announced on the web site. Members must subscribe to the newsletter of the blog to be notified. Members must warn the coach of their possible absence. Several unjustified absences may result in the exclusion of the rider from future training sessions.
- **MEMBERS AGREE TO ACTIVELY PARTICIPATE IN THE LIFE OF THE CLUB:** organization and voluntary participation in events, making cakes for events, presence at the GA, transport of riders outside the opening periods of the lifts...
- Riders are required to use appropriate equipment and protection, that is in good condition, during training and competitions. A certified helmet, in good condition, is imperative. The coaches will detail the list of the required equipment.
- A good physical condition and a healthy lifestyle are essential.
- Members agree to respect the coaches, the guides, the other riders and members, the marshals and organisers of races, the highway code, the natural environment, the various prohibitions of the practice of mountain biking, other users of mountain roads, private property boundaries.
- Members agree to show a sporting spirit in all situations.
- It is essential to adapt the speed and level of difficulty of the routes to the rider's technical level.
- Members are required to respect the rules on doping and the use of narcotics. The use of a doping products will lead to immediate exclusion from the club.
- Wearing the club jersey is mandatory for all official competitions. Members are expected to behave appropriately and to adopt a strict respect of the points evoked above, including outside of training sessions and competitions.
- The Velo Club committee is a sports and disciplinary commission that can impose sanctions in case of breaches of the rules.
- Members agree that images of their child or themselves (photos, videos) can be used on the website or the FB page of the club.

### Le Président

Date ..... Name ..... Firstname .....

Signature (from legal representative if minor) preceded by « lu et approuvé »