



Sprockids

getting people out on bikes

≡ Sprockids *After-School-Cool* Program ≡

Rider's Code of Ethics

Sprockids asks that everyone who participates in our programs adopt the following behaviours:

Respect others

No put downs! Everyone has different abilities and reasons for riding and all should be respected

All bikes are cool! Not everyone can afford the latest and greatest. The important thing is to get out and ride!

Celebrate successes – your own successes and the successes of others!

Know your own abilities

Ride within abilities

If you are more skilled, pass it on in a friendly way

Help teach younger riders

Practice safe cycling

Always wear a helmet

Always ride with a buddy

Learn how to keep your bike in working order – carry a repair tool kit

When you go riding, tell someone where you are going and when you will be back

Wear clothes that suit the weather, and proper safety equipment to ride safely

Be prepared – carry water, food and first aid supplies

Sprockids: PLAY COURAGE RESPONSIBILITY EMPATHY PERSEVERANCE

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