



# **Sprockids**

**getting people out on bikes**

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## **≡ 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**

**Contact information: [www.sprockids.com](http://www.sprockids.com)**