BMCC Additional policy covering the use of virtual reality training applications

Dear Mitre members,
In all seasons and weathers, Brighton Mitre and British Cycling hope our members are able to stay active and healthy. To that end, many of us make good use of turbos and smart training apps such as * Zwift, Trainer Road etc.
Even though we are not in direct contact with our fellow members whilst using these applications, they are still safeguarding measures we need to maintain:

- If U18s may be included in your activities, then you need to ensure you are following the normal guidelines and BMCC Safeguarding Policy for any contact and engagement with children/young people/vulnerable adults via social media.
- If you are setting up a closed group (Communicator/WhatsApp or Messenger etc) that involves U18s or other potentially vulnerable participants, make sure you include their parents/carers and communicate with them all, rather than engaging in any one-to-one contact with young riders.
- For U18s, consider asking a parent or carer to be a part of any activities so that everything is kept transparent. In any case, having a second adult involved in the session would be recommended.
- Set some ground rules – this should be the case for any group. Ensure appropriate language is being used and remind your group that all participants must be treated with respect. The British Cycling Code of Conduct must still be adhered to at all times.
- Be sensible and follow your usual thought process in terms of protecting both you and other riders.
- Remember, if you and your riders are joining public sessions then you have less control over the conduct of other participants.

If you become concerned about the wellbeing and welfare of anyone that you have virtual contact with, then you should share this with the club welfare officer Suzanne Romney, email: safeguarding@brightonmitre.co.uk