

Spokes & Shields

CLUB STANDARDS AND RULES

THESE STANDARDS AND RULES HAVE BEEN DEVELOPED TO AID IN THE SMOOTH OPERATION OF THE CLUB. THE PURPOSE OF THESE STANDARDS AND RULES ARE TO PROMOTE THE SAFETY OF RIDERS PARTICIPATING IN CLUB EVENTS AND TO ENSURE THE CLUB MAINTAINS A GOOD REPUTATION IN THE COMMUNITY.

I. MISSION STATEMENT:

The prime objective of the Club is the promotion and encouragement of cycling and physical fitness within the first responders' community.

The Club will create an atmosphere of camaraderie through shared events and gatherings bringing together its membership of various fields in a common goal.

The Club will hold races, training sessions and compete in individual and team events in both noncompetitive and competitive events.

The members of the Club will share their personal experiences in cycling as to encourage and educate each other in the sport of cycling.

The Club will conduct events and participate in activities to encourage the sport of cycling with in the first responders community and reach out to various charities and community organizations to promote the club and the members interests.

The Club and its members will conduct themselves in a manner that will create a positive image for the club and the first responder community in general.

The Club has no affiliation with any agency of government except that its membership is composed of first responders of both paid and volunteer organizations.

II. FORMAL ORGANIZATION: THE BOARD OF DIRECTORS

President: He or she shall preside at all meetings. The president shall schedule at least three meetings per year. The president shall possess the power and authority to sign all certificates, contracts, instruments, papers and documents in the name of, and on behalf of, the club.

1st Vice President: Shall exercise the powers of the president during his or her absence.

2nd Vice President: Club will determine if this position is to be filled.

Secretary: Shall attend all meetings of the club and shall ensure the true minutes of the proceedings of all such meetings are preserved. The Secretary shall also be responsible for keeping accurate records of the current membership role. The Secretary will also be responsible for all written correspondence.

Treasurer: It will be the duty of the Treasurer to ensure all monies due the club are collected, and to confirm the money is secure in a Club bank account. The treasurer will have the authority to disburse money and pay Club bills. Checks issued from the club will require two signatures including a president or vice president. Any expenditure over \$500.00 will require a vote of the board of directors. The Treasurer will maintain records and supply a detailed financial report to the club.

III. OTHER POSITIONS:

Trustees: The Board will select Trustees from amongst the members of the Club. The Trustees will assist the Board in their duties, and ensure they are fulfilling the Mission of the Club. The Trustees will initially be selected from the Charter Members. The trustees and the board of directors will be known as the board of governors.

Ride Leaders: The Board of Directors will designate Ride Leaders. Ride Leaders may be members of the Board of Directors, a Trustee of the Club or a club appointed designee of the Board of Directors. The Ride Leader will be responsible for designating the route, supervising the support, and ensuring all riders adhere to Club safety rules. The Ride leader will have absolute authority during the time the Club members are engaged in Club sanctioned events. Failure to comply with the directions of the Ride Leader may result in suspension or removal from the Club. The Ride Leader may designate Ride Marshals for larger rides. Ride Marshals will carry the delegated authority as the Ride Leader.

Ride Marshal: A Ride Marshal(s) may be designated to assist the Ride Leader.

Newsletter Editor: Prepares and maintains the online newsletter.

Social Media Director: Maintains Club Facebook page and any other web activities.

IV. CLUB SAFETY RULES:

1. All riders participating in Club rides MUST wear a SNELL/ANSI approved bicycle helmet. ▪ There are no exceptions
2. All riders must be current Club members in good standing.
 - Guests are welcome. Guests must be approved by a Board Member or a Trustee.
 - Member is responsible for the conduct of their guests. Guests will be required to pay for the ride an amount that will be determined by the ride leader. Guests will adhere to the Club safety rules. There will be NO exceptions.
3. All riders must possess adequate means for hydration (water bottles or camelback).
4. All riders will supply common repair items (tubes). This will help defray costs to the Club.
5. All riders having health concerns MUST bring it to the attention of the Ride Leader prior to the beginning of the ride. Health emergencies occurring during the ride will be reported directly to the Ride Leader immediately, and the Ride Leader will consult with the person with the highest medical training available and determine if the rider may continue or must seek immediate medical attention.
6. All riders must have front and rear lights affixed to their bikes during hours of darkness. Only red rear lights will be allowed. Reflective clothing must be worn in low light conditions.
7. Music is allowed. Headphones are not to be worn. Aero bars may be affixed, but may not be used when riding in a group.
8. Club members will observe all courtesies of the road. Hazards will be called out. Hand signals will be employed. Riders will change positions in the line correctly by calling out warnings to alert other riders of their presence and intentions (i.e. "on your left"). Riders will ride single or double file, depending on road characteristics and traffic.
9. The motto of SPOKES & SHIELDS is "No rider will be left behind!" The Ride Leader will ensure a Club member escort for a rider who falls behind. If necessary, the Ride Leader or Ride Marshal will direct a member having difficulty (physical or mechanical) to get into a support vehicle. The rider may be offered an opportunity to continue the ride at the next rest stop. Failure to comply with the directions of the Ride Leader, or the Ride Marshal, will result in suspension and/or expulsion from the Club.
10. All Club rides consisting of 10 or more Club members shall be considered a Club sanctioned ride. Each Club sanctioned ride will have a support vehicle available. The ride leader will determine if members are required to contribute toward the cost of the ride. If there is no support driver for the entire route, each rider will be asked in turn to drop out of the ride for a period of time to drive the support vehicle.

V. MEMBERSHIP:

The Club SPOKES & SHIELDS, shall be open to all First Responders living or working on Long Island. This includes Police Officers, Firefighters (paid and volunteer), EMS Personnel (paid and volunteer), Emergency Room Personnel, and other First Responders, as designated by the Board. Wounded Warriors will be invited to participate as Honored Guests of the Club. Members will include both

active and retired members of the Long Island First Responders community. All applications for membership must be approved by a majority vote of the Board.

The organizing members of the Club will be designated as Charter Members. Charter Members will make an initial dues payment at the time of the formation of the Club and will not pay again until the beginning of the sixth year. The initial Club Trustees will be selected from amongst the Charter Members.

The Board of Directors and Trustees of the Club will always be made up of members who reflect the diverse nature of the membership of the Club. The Board of Directors MUST include a Law Enforcement Officer and a Firefighter (when available). Of the Trustees, at least one must be a Firefighter (active or retired), one must be active sworn law enforcement.

The Board of Directors and Board of Trustees shall together be known as The Board of Governors. A majority vote of two thirds of the Board of Governors shall be required to amend or alter the Club Standards and Rules. All meetings and Club business will be conducted in accordance with Roberts Rules of Order. Members of the Board of Directors will be elected every two years. Elections will be called by the President.

Membership dues will be collected by March 1st of each year. Members who are determined to be delinquent will be suspended on April 1st. Good standing will be restored upon receipt of dues.

The Board of Directors and Trustees will set the dues. Additional fees will be required for each Club event. That money will be used to defray the cost of water, food, gas, support, and other supplies.