
Adapting Inclusive Practices for Youth

Youth participation in cycling clubs offers a powerful opportunity to foster inclusion early and build a future culture of equity and respect. However, creating SafeR Spaces for younger riders requires adapting practices to account for developmental stages, parental involvement, and legal responsibilities.

Key Considerations for Clubs Working with Youth



Create Youth-Friendly Communication

- Use clear, age-appropriate language in all materials.
- Avoid jargon or assumptions about prior cycling experience.
- Explain expectations, safety protocols, and inclusion values directly to youth riders.



Foster Belonging and Psychological Safety

- Ensure youth feel seen and respected for who they are, including their gender identity, cultural background, and ability.
- Allow youth to self-identify (e.g., pronouns, names) and establish boundaries.
- Create a buddy system or mentorship pairings to ease anxiety and build peer support.



Engage Parents and Guardians

- Clearly communicate the club's commitment to equity, diversity, and inclusion with parents.
- Provide inclusive onboarding forms that reflect diverse family structures and gender identities.
- Invite parents to support inclusion efforts (e.g., volunteering, attending info sessions).



Ensure Age-Appropriate Policy Adaptation

- Adapt the club's Code of Conduct and EDI Policy to include youth-specific scenarios (e.g., bullying, social media & digital communication rules).
- Ensure policies comply with OC Athlete Protection, Person in Authority and Safe Sport policies and guidelines.
- Provide clear reporting pathways that respect confidentiality and youth voices.

Celebrate Representation and Visibility

- Showcase diverse youth in club promotions and media but ensure that you have clearly communicated with families and secured permission.
- Include youth in planning inclusive events or youth-led initiatives.
- Incorporate visual signals of inclusion at youth events (e.g., signs, pronoun stickers).