

Coalville Wheelers CC Club Ride Etiquette

A few rules to help ensure we are all a bit safer on the roads and have a good ride.

- 1) A club ride is a social ride at a speed that's dependent on the ability and fitness of the riders present. Don't forget we are representing the club and need to ride and behave accordingly.
- 2) The Ride Leader will ride at or towards the front of the group to control the pace and decide where and when the group stops, eg to allow others to re-gain the group. Please listen and adhere to instructions from the Ride Leader, but please note that the Ride Leader assumes NO legal responsibility for other riders' safety – this is solely the rider's own responsibility.
- 3) We should obey the Highway Code, ride as a uniform group, never more than two abreast and towards the left of the road. Single out when necessary on busy / narrow roads to allow traffic to pass.
- 4) Be friendly to and acknowledge other road users with a thank you wave, especially if they give way or show patience. Best not to wave overtaking traffic by, leave it to them to make the decision on when it's safe to overtake.
- 5) Shout "cyclist approaching" or similar, when coming up behind horses to warn the rider and horse of your presence. Pass wide and slow.
- 6) Regroup after hills, stopping in a safe place. Don't forget the slowest will need a rest too, so don't set off as soon as they catch up. We don't drop riders, particularly new members, and leave them way behind. If the pace or distance is too much, please tell the Ride Leader or others in the group, so the pace can be adjusted. If a rider wishes to head home, please let the Ride Leader know. Ride Leaders may wish to appoint a "watcher" to ride at the back of a group to assist slower riders.
- 7) We need to look after each other, treat each other with respect and dignity and warn everyone of hazards by shouting and/or hand signals - pot holes, parked cars, punctures, slower cyclists or pedestrians, approaching or following traffic, large puddles, gravel, wet leaves, road junctions and so on. Indicate any turns well in advance.
- 8) Keep alert and look where you're going. If changing line, look behind to ensure it's safe to do so and indicate your intention to others around you.
- 9) Dress for the conditions and we strongly recommend that everyone wears a helmet and carries emergency contact information and mobile phone on them. Make sure your bike is in a good condition. When the roads are wet, use mudguards or ride at the back of the group. Be self-sufficient and always

have spare inner tubes, pump and tools with you. Lights are a good idea at all times, but especially on wet or gloomy days. No earphones to be worn. No tri-bars to be used.

10) Large groups can be difficult for motorists to overtake and therefore puts us at increased risk, so consider splitting a group of 12 or more up into smaller groups of similar abilities and fitness. This will allow faster or slower riders to ride together and everyone can meet up again at the designated cafe. Groups are ideally selected at the start or maybe after the café stop, or during the ride after a few hills. A second leader may need to be appointed for the other group.

11) We all should stop to assist a rider if they have a problem - puncture, chain breakage, accident..., unless there's good reason for some to continue.

12) Whilst we will normally have a cafe stop, it's sensible to bring drink and food (gels, energy bars, banana...) with you - just in case. Take wrappers home with you.

13) Please try to avoid:-

- a) riding too fast so that the group splits up – keep a steady pace, especially up hills
- b) half wheeling the rider alongside you – the pace usually gets faster and faster
- c) overtaking on the inside or through the middle of riders - overtake on the outside
- d) weaving around the road - hold a consistent line
- e) braking suddenly with no warning – shout if having to brake hard
- f) getting out of your saddle by pulling back on your bars violently – get out smoothly

14) Under 16s, should be accompanied by a parent/guardian on their first two rides to enable an assessment of their abilities to be undertaken by the Ride Leaders. If competent, they can ride without their parent/guardian thereafter.

If we all try to abide by these rules, everyone should have an enjoyable ride, get a bit fitter and get home safely.