

Code of Conduct for Club Rides

This page provides details of the Code of Conduct that should be followed by all cyclists taking part in club rides.

Principles When out on Club Rides

- behave in a manner which represents the Club in a good light
- obey the rules of the road including the Highway Code
- act for our own safety and well-being and respect other trail users

Riders are responsible for their own health and safety at all times. Disregard for the Highway Code and behaviour that endangers yourself, other Club members or other trail users may lead to disciplinary action by the committee.

Accidents and Injuries

The Club does not provide first aid cover or medical support for riders on Club runs. In the event of an accident, fellow riders must do all they can to support any injured parties.

Ride Discipline and Etiquette

- riders must be members of the Club or invited guests.
- a guest may only ride with the club on two occasions before being required to join the club.
- wearing a helmet is mandatory unless previously agreed with the committee.
- all riders must be aware of the route prior to the commencement of the ride (this should be clearly communicated by one of the ride leaders)
- riders should endeavour to ride smoothly and not brake without warning if it can be avoided
- do not overlap wheels
- call out warnings for other trail users (for example: “walkers”, “dogs”)
- shout warnings and signal to other riders if there is a danger or obstacle on the trail (for example: “tree!”)
- repeat warning calls up and down the bunch
- slow down for horses and give them plenty of room
- should a particular group in the ride split, unless agreed prior to the ride, riders should slow down or regroup at key points on the route
- no rider should leave the group without first notifying other riders in order that they are not posted missing (this information should be relayed to a ride leader)
- the group has an obligation to stop and assist any of its riders suffering from mechanical or physical problem
- individual riders must not be left on their own and a special awareness should be given to new or inexperienced riders

Dealing with Mechanical Problems

To ensure that mechanical problems are minimised, riders must keep their bikes in a roadworthy condition. A tool kit should be carried that includes, ideally, the following:

- a pump,
- two spare inner tubes
- puncture repair kit
- tyre levers
- multi-tool.

Front and rear lights should be fitted where necessary.

Mobile Phones

It is advisable that riders carry a mobile phone in order that emergency services can be contacted if necessary. It would also be useful to programme in phone numbers of those riders who normally carry a phone, in order to improve communications should the group get split unexpectedly.

Clothing and Food

It is the individual's responsibility to wear appropriate clothing for the prevailing weather conditions. Riders should be self-sufficient in relation to food and drink. Bring enough water, or energy drink, and food to sustain the course of a ride.