



Good Riding Behaviours

Before setting off:

Each rider should:

1. Ride a road bike in good working condition with straight or drop handlebars. Hybrids may be suitable but please contact the Club first.
2. Time-trial/"Tri" bars" are not allowed on Club rides.
3. Choose the appropriate ride to match their current ability in terms of both speed and distance. If you are not sure it's better to drop down a group.
4. Inform the ride leader that you are going on the ride, either in advance or at the briefing.
5. Inform the ride leader of any injuries or health issues that may affect you.
6. Inform the ride leader if you need to leave the group before the end of the ride. N.B. A parent / guardian must have given written permission for a junior (<18yrs) to do this.
7. Ensure they wear a properly fitted helmet. Wearing a helmet is compulsory on all Club rides.
8. Carry sufficient food and drink for the ride being undertaken, depending on dietary and medical needs.
9. Wear adequate clothing for likely weather conditions, including a waterproof jacket and gloves.
10. Carry a pump or CO2 cannister, have at least 1 spare inner tube, tyre levers and a multi-tool.
11. Ensure their bike has full-length mudguards, front and rear (from around 31 October to 31 March – when the clocks change).
12. Arrive early at the start of the ride in time for the ride briefing.

On the road:

1. Respect the ride leaders, fellow riders and other road-users including drivers, other cyclists, horse-riders, runners, dog-walkers and pedestrians.
2. The decision of the ride leader regarding route, pace and formation, is final.
3. Do not ride in front of the ride leader, or behind the backstop, except by agreement with the ride leader. If you do, you will be considered to have voluntarily left the ride.

4. Riders must follow the highway-code at all times, including stopping at red-lights and riding no more than two-abreast in addition to slowing down when passing horses or other slower road users.
5. Riders must not use headphones or a mobile phone whilst riding. If you need to make or take a call urgently, ask the ride leader to stop.
6. Riders should stay left and not try to pass anywhere with limited sight-lines or bends.
7. Riders should go single file if the ride leader instructs the group to do so or on narrow lanes where they cannot see the road ahead. To do this, the outside rider (closer to the centre of the road) should drop behind the ride on his/her left and pull in, with the inside rider in the pair behind leaving sufficient space for them to do so.
8. At junctions, remain in pairs and in line, not bunched up at the line. Each rider is responsible for their own safety crossing a junction. Ride leaders may direct you but it is still up to you to make sure it is safe to navigate through a junction.
9. Stop off road.
 1. When stopping for mechanicals or regrouping, always move clear of the road.
 2. Do not wait in the middle of a road or near to a junction.
 3. Always stop somewhere that the group can be clearly seen from all directions and not around a blind bend.
10. Riders should follow the Country code and, where relevant, close gates etc. as they pass through. Any rubbish such as wrappers/gel packs etc. must be kept in pockets until they can be disposed of appropriately in a litter bin.