

Roberttown Community Cycling Club (RCCC)



Club Ride Code of Conduct

This Code of Conduct is devised for the safety and benefit of the Club and its members (Road, MTB etc..) outlines the minimum standards expected on all rides. Some rides may have additional rules of conduct. If in doubt, please consult your Ride Leader.

RCCC provides a varied programme of rides that include novice rides, social rides, steady training and fast training. Distances, speeds and destinations of rides are posted on the Club's Facebook and website on a weekly basis.

1. GUIDING PRINCIPLES

Club rides are not races and members are expected to treat them appropriately. When riding as a Club we should:

- Behave in a manner that represents RCCC in a good light.
- Act for our own safety and wellbeing. Riders are responsible for their own health and safety at all times.
- Respect our fellow Club members.

2. RESPECTING THE RULES OF THE ROAD AND THE COUNTRYSIDE

All riders must adhere to the rules of the road and the countryside with particular reference to the Highway Code. Please do not do anything which would endanger yourself or others.

3. CHILD PROTECTION POLICY

Available separately.

4. RIDE DISCIPLINE

Although this document is relevant to all Club members, the following relates mainly to road riding. We know that some people have not ridden in groups very much so here is what is expected of you and how it works.

a) Group Riding

You leave as a group and you return as a group - nobody is left behind. If someone drifts off the back of the group on flat rolling terrain then the person beside them (or closest to them) is responsible for letting the group know that someone is dropped. You should shout 'ease up'.

Riders should ride no more than two abreast unless overtaking. As a group member you ride side by side with your partner at a steady pace the group can maintain. Generally, on the flat you should hear people behind talking - if there is silence, you are either going uphill, going too hard or have ridden away from everyone. Be aware of riders behind you. Try to ride smoothly and do not brake without warning if it can be avoided. Shout warnings to other riders if there is danger in the road.

Groups should allow appropriate gaps in traffic and slow to allow sufficient time for the entire group to negotiate the obstacle - the pair at the front are the eyes and ears of the group and you need to make sure it is safe for everyone.

Should the group split, riders should slow down or find a safe place to stop and reform before proceeding. The group should always stop and assist any of its riders suffering from mechanical or physical problems.

The group should always wait for the last rider, unless the rider has requested to be left, or an agreement made with everyone's consent that the group will not wait for dropped riders. No rider should leave the group without first notifying other riders and Ride Leader.

b) Ride Leader

The Ride Leader is the official representative of the Club on club rides and his/ her instructions should be followed. If the Ride Leader sees a rider acting in a manner which in any way compromises the group, those rider(s) will be warned of their conduct. The Ride Leader must be a Club member and will endeavour to ensure that the ride is conducted in a safe and well-organised manner.

The Ride Leaders are also the determinants of the make up of the group if they are split.

5. CYCLING IN A GROUP

Coming off the front

The person on the outside goes to the front of his inside partner and indicates to those following that the turn is over by shouting "spell up". Both then slow down slightly and the rest of the group then pass the single riders who then join at the back with the person who was on the front inside going to the back on the outside.

Moving to the front

When the pair at the front move to the inside to the rear of the group. The second pair move, without increasing their speed, to the front. Once the group is past the two riders moving back the status quo is resumed.

There should be no acceleration as it is the pair coming off the front who slow down slightly and therefore the group pace is maintained.

Communication

Shouts and Signals

Every rider has a responsibility when riding in a group, to communicate hazards to other members of the group. Here are a few shouts and signals one should make to convey the message

'Inside' When the hazard is on the left of the group, eg. Pot hole

'Outside' on the right of the group

'Middle' In between 2 riders

'All over' When the hazard is covering the road, eg. Debris/road damage, but still safe to go forward with caution.

'All on' when all riders are together after a junction or traffic lights

6. DEALING with A MECHANICAL PROBLEM

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

- Pump or other way of inflating tyres.
- Spare inner tubes.
- Two tyre levers.
- Allen keys or multi head spanners as appropriate to your bike
- Know how to repair a puncture at the roadside, even with assistance.

7. DEALING WITH ACCIDENTS AND INJURIES

The Club does not provide first aid cover or medical support for riders in club runs. In the event of an accident, the Ride Leader and the group will do all they can to assist any rider who has suffered an injury.

Riders who have pre-existing medical conditions must take precautions to ensure that information about their condition can be easily found by the emergency services or other medical professionals in the aftermath of an accident or the onset of a medical condition. One way of doing this is to wear a MedicAlert bracelet or pendant. Alternatively, the use of a small card with information including your name, address, next of kin and their telephone number, medical conditions, etc.

8. FOOD & CLOTHING

You must dress appropriately for the weather. You should carry a waterproof on all but the best of days.

Weekend club runs generally include a cafe stop, however you should carry drinks and food sufficient to get you to the café and home again.

9. USE OF AEROBARS

Club rides are group rides. Bikes with aerobars are not permitted to take part in Club organised group rides.

10. MUDGUARDS

It is recommended that mudguards be used on your bike during the months of October to March when on group rides.

11. GETTING HOME

If you are not confident about finishing the ride or your bike has a mechanical problem, let others know as soon as possible. The Ride Leader and the group will do all they can to assist you but they can only do so if they are aware of your problem. The group will be supportive.

Roberttown Community Cycling Club July 2018