

### **General Guidance for Club Rides.**

#### **Ride leaders and riders are required to follow these general principles.**

1. Have a predetermined start time and communicate the route to all participants. In choosing the route, the ride leader will be aware the safety of the riders is of paramount importance. If there are any known hazards on the route, these should be explained in advance and riders should be reminded when approaching them.
2. All participants should understand and comply with the Highway Code (including the provisions relating specifically to cyclists).
3. If there is any possibility of riders riding in poor light, or during the dark, they should have effective lights on their bikes.
4. All adult participants ride at their own risk on club rides, and are responsible for their own well-being during the ride. They should ride in a responsible and safe way. They should be prepared for situations such as adverse weather conditions, mechanical problems and flat tyres. They should have mudguards with mud flaps during the winter months or when the roads are wet.
5. All participants need to be aware of risks to other riders in the group, and therefore need to point out any obstacles they see in front of them (including potholes, parked and other cars and vehicles, pedestrians and runners, animals, approaching cyclists, loose gravel etc.) to those behind them in a timely manner.
6. Riders need to be given (and give) clear and timely guidance/warnings regarding turns and stopping. Sudden braking should be avoided if reasonably possible.
7. All participants need to ensure their bikes are safe to ride on the public highway (Including brakes, steering etc.) It would be prudent to check the bikes ridden by any new riders at the start of a ride.
8. If the group has to stop at any stage of the ride, it should only do so in a safe spot.
9. Be very careful when passing horses. Riders should slow down before passing, give a clear and timely vocal warning if approaching from behind the horse, avoid unexpected noises, split into smaller groups in getting past, and pass wide.
10. Have emergency procedures and communicate them to all participants as appropriate. This should include emergency procedures for incidents that riders may experience during a ride (e.g. punctures, mechanical problems, changes in environmental conditions, accidents involving one or more members of the group). Ride leaders will be aware that the safety of the group and the individual riders in it is of paramount importance. In the event of a serious accident, the emergency services should be contacted (999) as soon as possible.

11. If there is a qualified first aider on the ride they should carry a pocket first aid kit.
12. In the event a rider in the group suffers injury the Ride Leader should complete and submit an accident report form as soon as practicable, and include any lessons learnt.
13. Have procedures in place to ensure that individual riders are not left on their own during the ride unless the leader is sure this can be done safely, they are over 18, and the rider concerned consents.
14. All riders should be aged 12 years or older, and be competent to ride on the road in traffic. For riders under 18, this may be a level equivalent to the Level 2 Cycle Training Standards.
15. There is a greater duty of care for riders under the age of 18 years. Therefore, if there are riders aged 12-18 years in the group, the ride leader should ensure that an experienced and appropriate adult cyclist in the group takes responsibility for these riders and ensures they are not left on their own during the ride.
16. The club should hold signed parental consent forms for all riders under the age of 18 years on the ride.
17. All riders should be encouraged to take part in activities that are within their capabilities. If the ride leader has concerns about a particular rider, this should be discussed with the rider as appropriate.
18. If weather conditions are adverse, and could impact on the safety of riders (for instance ice on the roads) the ride should be cancelled.
19. All riders should be advised to wear a helmet on a club ride. If a rider is not wearing a helmet then this should be discussed with the rider concerned. All riders under the age of 18 are required to wear a helmet to come on club rides.
20. These guidelines are not exhaustive and riders, including ride leaders, are expected to use their own experience and common sense, as well, in ensuring their own, and the safety of others.

*These principles should be considered by all riders, and particularly new riders to club rides, before coming on a club ride, and will be available on the club website. Updated 18/01/20*