

Group Cycling Guidelines

The purpose of the Group Cycling Guidelines is to ensure that all cyclists have a safe and enjoyable experience when participating in road cycling.

The following points are important for group riding:

- Helmets **must** be worn
- Obey the **highway code**
- **Be courteous** to other road users
- Ensure your bike is in a **safe and roadworthy condition**
- Carry a puncture repair kit (and spare inner-tubes)
- Carry a small tool kit
- Take drinks and food as required

Prior to setting out on the road the group will have a nominated leader (or leaders). Ensure you know who the leader is.

The leader will be a competent and experienced cyclist with knowledge of the planned route and emergency procedures.

The leader will not always be at the front of the group.

Mobile phones are a useful addition to your personal kit, obtain the necessary numbers before departure e.g. other group members, support vehicle or emergency contacts.

During the ride, there may be hazards. It is **your responsibility** to minimise the risks by:

- Riding at a safe distance behind the cyclist in front (behind and to one side is also a good idea)
- Inform the leader if the speed is too great
- Point out road hazards (pot holes etc), using hand gestures, for the cyclists behind
- Stop at junctions. At blind right turn junctions, position a person opposite the junction so s/he can inform the group when the junction is clear.
- Do not use mobile phones or personal music systems.