

Dumfries Cycling 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 road 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 road users may lead to disciplinary action by the committee.

Ride discipline and etiquette

- **riders must be members of the Club or invited guests**
- **wearing a helmet is advisable**
- **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 be no more than two abreast unless overtaking**

- **riders should endeavour to ride smoothly and not brake without warning if it can be avoided**
- **do not overlap wheels**
- **call out warnings for approaching cars (for example: “car back”, “car front” or “nose”, “tail”)**

- shout warnings and signal to other riders if there is a danger or obstacle in the road (for example: “*hole!*”, “*move out*”)

- repeat warning calls up and down the bunch

- on narrow roads consider going into single file to let traffic past safely
- 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 problems
- 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, and multi-tool.

Front and rear lights should be fitted where necessary.

Dealing with 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.

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.

Use of aerobars

Club rides are group rides, and whilst it is accepted that aerobars may be permanently attached to a bike, these should not be used whilst riding in company.

Mudguards

During the winter months, particularly during wet weather conditions, it is preferable for riders to have mudguards fitted.

Insurance

The Club would like to remind riders that it is their responsibility to obtain personal accident and third party liability insurance.