

Southwell U3A Cycling for Fun.

Guidelines for safe Riding

These guidelines are for ride leaders and group riders, to make everyone aware of specific issues that arise when a group of people cycle together, to keep everyone safe and the ride leader stress free.!

Please observe the following:-

Conform to all traffic regulations, know your Highway Code, and give clear hand signals when turning left or right. Do not simply rely on the leader's signals to other road users.

Do look over your shoulder before starting or stopping or moving out. If stopping shout 'STOPPING' before slowing and dismounting to avoid accidents

Riding on busy roads should be in single file with a sensible space in front and behind. When there are 8 or more riders, split up into groups of no more than 4 and leave a big space between each group for cars to pull in safely. The use of calls 'CAR FRONT' and 'CAR BACK' can keep people aware of the need to take extra care. **IF THE CAR CANNOT GET PAST PULL OVER AND STOP A.S.A.P**

Pointing to **Potholes, Gravel**, or another hazard, may save someone behind coming off their bike.

Do not overtake the leader, unless climbing hills at your preferred pace, then slow and let the leader come through before the next turn off.

It is preferable for the leader to appoint a back marker, to avoid anyone being left behind for any reason. All riders should check behind (If not the last rider) before turning off and wait for the next person if not in sight.

If wishing to **BREAK OFF FROM THE RIDE** make sure the leader is informed in advance, or get a message passed 'up the line'.

Ensure your bike is **Legal, Road-worthy**, and **well maintained**. **Carry spare inner-tubes** (of the correct size) and the necessary **tools and Pump** to deal with a **puncture**. A folding multi-function tool is also useful.

Carry a card with your **Name, Address and contact phone number**, which is easily found in case of accident. Everyone to carry their personal **First Aid kit**. All members have a list of each other's phone numbers and next of kin, these should be in each member's phone. Wear suitable layers of clothing for expected conditions and carry waterproofs. Helmets are compulsory and a high vis outer shell advisable. Carry water to prevent dehydration.

When leading, make sure the ride has been checked out recently and includes refreshment and toilet stops.