

## **Cycling Code of Conduct**

### **Guiding Principles**

Training rides are not races and members are expected to treat them appropriately.

### **When riding as with a group we must:**

- Behave in a manner that represents cyclists in a good light
- Act for our own safety and well-being
- Respect our ride members

### **Respecting the Rules of the Road**

All riders must adhere to the rules of the road. Disregard for rules and behaviour that endangers yourself or others may lead to some lonely rides in the future.

### **Ride Discipline**

- Riders should ride no more than two abreast unless overtaking.
- Be aware of riders behind you. Try to ride smoothly and do not brake without warning if it can be avoided.
- Shout warnings and signal to other riders if there is a danger in the road.
- Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles.
- Should the group be 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, preferably the ride leader.

### **Ride Leader**

The ride leader is the official leader of the ride and his or her instructions should be followed. The ride leader must ensure that the ride is conducted in a safe and well-organized fashion. All riders must assist the leader in this duty.

### **Dealing with Mechanical Problems**

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

- Pump or other way of inflating tires
- Spare inner-tubes
- Puncture repair kit
- Two tire levers
- Allen keys or multi-tool as appropriate to your bike.

### **Food and Clothing**

You must dress appropriately for the weather. Consider your rain and cold weather gear carefully before each ride.

Rides generally include a stop at a convenient store, however you should carry drinks and food sufficient to get you through the ride if needed.

### **Use of Aerobars**

While aerobars may be permanently attached to your bike, please do not use them while riding in a group, even if leading. Braking time is reduced greatly with most aerobar setups. Save the aerobars for solo training.

### **Child Protection Policy**

Riders under 18 must be accompanied by their parent or an approved coach.

### **Getting Home Again**

If you are not confident of finishing the ride or your bike has a mechanical problem, let other riders 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.