

Group riding Etiquette:

> Safety 1st - Remember, tarmac is harder than you! We strongly recommend that you wear a cycling helmet on all rides.

Members of the group are individually responsible for:

- a) Ensuring that their cycles are legal, roadworthy and in good state of repair.
- b) Having capability and the tools etc to deal with basic mechanical problems including punctures to tyres.
- c) Being prepared for adverse weather conditions and mechanical problems.
- d) Riding within their capability and in accordance with the requirements of the Highway Code.
- e) Ensuring their personal well-being on the ride.
- f) Carrying their current ICE contact details. (Club membership card and/or ICS Sticker)
- g) Informing the Ride Leader if leaving the ride at any time.

Group members should also:

> Obey traffic signs and signals, point out and call out any road hazards ahead. This is particularly important in a group of riders, as those at the back often can't see oncoming traffic or road hazards. "Car Front" means car approaching from the front, "Car Back" means car behind.

> If road conditions permit groups normally ride two abreast. Remember that TWO is the limit, single out if necessary to stay safe and avoid holding up other traffic. Large groups may need to split to allow traffic to pass.

- If you need to go to the front of the group for any reason, do not try to squeeze through the group, this is dangerous and could cause a group crash, wait until it is safe to do so and cycling around the outside of the group.

> When the riders on the front of the group decide they want a break, there are 3 options:

1. the inside line slows to let the whole group rotate one position anti-clockwise
2. the riders on the front single out and allow the group to pass
3. if road conditions permit, the riders on the front may separate to allow the group to ride between them

If you're struggling to keep up, stay at the back of the group

> Carry basic tools, at least a pump, spare tubes and a mobile phone. Decent mudguards will be appreciated by everyone during the winter months!

> Experienced riders sometimes ride very close together; don't panic if the rider next to you bumps bars or shoulders.

> Shout and signal if you intend to move out or stop. Riders at the front shout "clear" or "stopping" as they approach a junction, depending on the circumstances.

> Don't overlap wheels, if you contact the wheel in front you will probably come off, along with anyone behind you.

> When climbing hills, avoid following a wheel too closely, some riders move back when they get out of the saddle.

> If you're leaving the group, drop to the back and let someone know.

> "Half wheeling" is when one rider pushes the pace a little harder and moves slightly ahead of their riding partner. If you're on the front and the pace is too fast, take a break (and ignore any sarcasm!)