

1. Ride Captain (RC)

The RC is elected each year at the Annual General Meeting.

The RC's responsibilities pay particular emphasis to the welfare and safety of members. In the absence of the ride captain, a member of the committee will act in his place.

The RC shall ensure that at least one suitable first aid kit is available to each group on a ride.

The RC shall ensure that new and/or inexperienced riders are adequately supervised.

2. Ride Leader (RL)

The Ride Leader of each group of cyclists will usually have knowledge of the various routes and the ability to gauge conditions, speed etc., appropriate to members on the ride. In the interest of safety a ride group should not be more than 15 cyclists and in the case of an excess of this number, then the group should be split into two groups, both with a leader and tail ender. The groups should ride separated to allow other road users to pass.

If the ride leader of a group is unavailable on the day, the RC may approach the group and request that a temporary ride leader be appointed.

The RL is appointed to lead the ride and riders should adhere to a policy of '*follow the leader*'. For instance, if the leader is riding on a cycleway, it is not acceptable for riders to ride on a parallel road.

The person selected to lead a ride shall remain the leader to the conclusion of the ride unless they hand the leadership over to another member.

The RL has the right to prohibit any rider from participating in the ride if it is considered that the rider may not be able to complete the ride safely.

The RL may reprimand any rider for misconduct or wilful disruption of a ride and may demand that the rider leave the ride.

3. Stopping During a Ride

There are two main reasons for stopping a ride. Firstly at a planned comfort or other recognised zone and secondly, for either a fall or mechanical breakdown, puncture, etc. Riders should move themselves and their cycles from the cycleway or road immediately. This is for their safety as well as that of other cycleway or road users.

4. Leaving the Ride

Riders who wish to leave a ride during its progress should not do so without first notifying the ride leader. Any cyclist in a group who is unable to continue will be accompanied by at least one other person.

5. Safety During the Ride

Each member carries the responsibility for their own safety as well as that of other riders.

6. Safety on Cycle or Dual Use Pathways (DUP)

The rule of law is that pedestrians have the right of way. Riders should ride in single file, always keeping to the left.

Obstacles such as signs and posts in the middle of DUPs should always be passed on the left. Riders behind should be warned by shouting 'POST' or similar warning. Warnings should also be given for other cyclists who often approach or pass at high speed. Warnings of 'BIKE UP' for cyclists approaching from the front, and 'BIKE BACK' for cyclists passing from the rear should be used.

7. Safety on Roadways

The Road Traffic Code applies equally to all road users (including cyclists), at traffic lights, stop signs, give way signs and roundabouts.

While it is legal to ride two abreast on the road, it is NOT recommended, particularly on country roads where traffic speeds are high. Where the roadway has a double centre white line, cyclists MUST ride single file and consideration should be made by the ride leader to occasionally stop the group, in order to let vehicles pass. When approaching a known traffic congestion point, and with a group in excess of 10, the ride leader should consider splitting the group into a manageable number, then proceed more safely, to later regroup. Particular care should be taken when turning right and when crossing a main road. If necessary, stop and walk across. If taking advantage of a controlled intersection with "Safe to Walk" lights, the code states that cyclists MUST dismount and cross as pedestrians.

8. Bicycles

Bicycles must at all times conform to Police requirements of operating bell, front and back brakes. Battery assisted bicycles may be used. The responsibility for the condition and safety of a bicycle rests solely with the rider.

9. Clothing and Accessories

- a) Members are required to wear shoes and approved protective headgear at all times when riding.
- b) Members are expected to carry adequate supply of tools, puncture repair kit and sufficient drinking water for the duration of the ride.
- d) Radios, earphones, or any device or clothing which may interfere with hearing or sight, shall not be worn or carried. It is recommended that mobile phones be switched off.
- e) Members are expected to wear the club uniform shirt of yellow, with club badge on the left breast, on all Tuesday rides and any special club rides.

10. Alcohol

No alcohol shall be consumed for the duration of the ride.

11. Conduct

Members shall show respect towards all individuals, other road users, and their property.

Members shall obey all rules applying to accommodation, responsible to/by the Club.

Any member, who because of misconduct places any other rider in danger, may be expelled from the ride and/or in extreme cases, cause grounds for termination of membership.

12. Rides, Camps and Tours

All expenses, including organising costs, shall be met by participants in the ride, camp or tour, excluding fuel costs.