Issued: November 2021

**Dumfries Cycling Club – Rider Etiquette**

We are committed to encouraging the participation, enjoyment, and enthusiasm of every member within our club. To achieve this, we rely heavily on our members to give their time and support in creating a welcoming, safe, and fun environment, that promotes inclusivity and diversity.

Club members are asked to always abide by this Etiquette.

**Rider Assembly:**

* All riders should gather at the nominated point at least 10minutes before they are due to set off, this enables similar ability riders to be formed in groups.

**Principles when out on Club rides:**

* Where reasonably possible, groups not to exceed 10 riders.
* Riders are responsible for their own health and safety at all times.
* Behave in a manner which represents the Club in a good light. Dispose of litter e.g., plastic packaging or punctured inner tubes at home not in the countryside.
* Obey the rules of the road including the Highway Code.
* Act for our own safety and well-being and respect other road users.
* 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, Etiquette and Risk Minimisation:**

* All riders must be members of the Club. New potential members are allowed 2 trial rides maximum prior to joining to establish if they want to join the club. Forgetting to renew membership at the start of the year and expecting to ride is not acceptable.
* Wearing a helmet is mandatory.
* Ride detail or destination shall be made available prior to departure, this is generally on web site several days in advance. All riders must be aware of the route prior to the commencement of the ride.
* Riders should be no more than two abreast unless overtaking.
* Riders should endeavour to ride smoothly and not brake without warning if avoidable.
* Ride in a straight line and check behind if deviating from that line; indicate if necessary.
* Do not ride too close or overlap wheels.
* Ride according to road and weather conditions, for example leave a bigger gap in the wet or poor road surface. Riding in and out of shaded areas on a sunny day makes poor road surfaces difficult to see.
* Call out warnings for approaching/ following cars for example: “car back”, “car front” or “nose”, “tail”.
* Pot-holes are a particular hazard. When obvious, shout warnings and signal to riders behind if there is danger ahead or an obstacle or danger in the road ahead for example “Hole”, “Gravel”, “Ice” etc. repeat warning calls up and down the group.
* On narrow roads consider going into single file or pulling in to let traffic past safely.
* Slow down for horses and other farm animals, 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. This is likely to be the top of a climb or road junction. Riders at the back of the group should call to the front to slow down if someone is “dropped”.
* No rider should leave the group without first notifying other riders in order that they are not “posted missing”.
* The group has an obligation to stop and assist any of its riders suffering from mechanical or physical problems.

**Dealing with mechanical problems:**

* To ensure that mechanical problems are minimised, riders must keep their bikes in good 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.
* No riders should be left alone after an accident when a head or other serious injury is sustained.
* 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 save phone numbers of other riders to improve communications should the group 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.
* Wearing of light-coloured clothing or helmet is advisable to improve visibility.
* 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 a group.
* Mudguards: During the winter months, particularly during wet weather conditions, at least a rear mudguard should be fitted.

**The Use of Aero Bars:**

* 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 a group.

**Ebikes:**

* To encourage riders who are trying to return to full fitness the use of ebikes is permitted in Groups 3, 4 & the Short Route option.
* Riders of ebikes are requested to be respectful of regular riders ability when pace setting on uphill sections.

**Insurance:**

* The Club would like to remind riders that it is their responsibility to obtain personal accident and third-party liability insurance. It is mandatory, the club does not cover this.

Failure to adhere to club policies and procedures may lead to disciplinary action being initiated and may invalidate club membership.

(Intentionally blank)

This is issued by instruction from the Committee of Dumfries Cycling Club. It supersedes any previous similar instruction. This instruction can only be reviewed and issued by the Committee of Dumfries Cycling Club.

Signed as authorised and accurate policy: Dumfries Cycling Club Committee – 27th November 2021. Review required by November 2022.