

Spokes-CTC Part of Cycling UK

Notes for Cyclists

Ultimately as adults you are responsible for YOUR safety on the road. But as we always maintain to cycle as a group, our ethos has always been to look out for each other. Please see these suggested guidelines below;

- Ensure that your bike is properly prepared, serviced, and roadworthy for all conditions. Carry at least 2 spares tubes, pump and basic equipment.
- Ensure you have plenty of fluids, snacks and clothing taking into account weather conditions.
- When there are large numbers on a ride it may be necessary to form into two groups, please ensure you stay within your allocated group. If you do change groups it is essential to inform the:
ARL (Assistant Ride Leader), who is the back marker, responsible for making sure that no-one is left behind on the ride or at a refreshment stop, or
- **RL (Ride Leader)** found at the front of the group leading the ride. NB. It is not advisable to cycle in front of the **RL**
- At the start of the ride, ensure you have contact numbers on your mobile in case you become separated and/or lost during the ride. In most cases contact details are available in the Spokes WhatsApp groups.
- If you carry emergency medication, please inform the **RL** or **ARL** before the start of the ride as to its location and how it should be administered. If you become unwell please inform someone immediately.

- Don't ride too close to the cyclist in front of you and be alert to hazards e.g. potholes, traffic, other cyclists, pedestrians, animals etc. Call out or use hand signals to indicate these hazards or before stopping/slowing to alert those behind you.
- Be-aware of the abilities of those within the group and alert the **RL** or **ARL** with any concerns

- When stopping to re-group at junctions, hilltops, lay-bys or other significant safe locations, ensure you're not blocking the main thoroughfare.

- If the group turns off a main road and there are cyclists behind you please wait, or appoint someone else to wait at this junction to ensure all cyclists follow through.

- Similarly if the group becomes separated at traffic lights, alert the **ARL/RL** to regroup.

- If cycling along a single track road or in a large group, form into small groups to allow motorists to safely 'leapfrog' you.

- If you intend leaving the group; it is *essential* you inform the **RL/ARL**, before doing so.

- See also the Spokes Ride Guidelines and Etiquette page on the club website