

SPOKES RIDE GUIDELINES AND ETIQUETTE

SHARE - RESPECT- ENJOY

At Spokes we want to encourage our members to ride safely whilst respecting fellow riders and others we encounter when we're out having fun on our bikes

BE SAFE	BE AN AMBASSADOR
<ul style="list-style-type: none"> Roads are full of hazards and visibility for cyclists behind you is limited, so point out significant hazards, and warn other riders of people and animals ahead. When approaching a junction or changing road position, always indicate where you are going, even if there is little traffic. This alerts other road users and fellow cyclists of your intentions. Although each ride has a designated Ride Leader, we all have a duty of care to keep ourselves and each other safe. Ensure your bike is in a safe and roadworthy condition and carry basic tools and spares. 	<ul style="list-style-type: none"> Remember that you are representing not just Spokes but all cyclists, so don't give others any excuse to dislike or criticise us. Be nice, say hello, thank people and set an example to other road users. Always follow The Highway Code, e.g. don't ride where prohibited or cycle through red lights (unless it is clear they're not working or haven't detected you) Don't pass walkers too closely or too quickly, and warn them that you are close to avoid startling them Share with care
BE AWARE	BE COURTEOUS
<ul style="list-style-type: none"> Stay alert to your surroundings, fellow riders and others with whom we're sharing space. Maintain a pace which avoids a big gap forming. Look out for anyone struggling, drop back and see if you can help. When turning off, make sure there is someone at the junction so riders behind don't miss the turn, or wait there yourself. When stopping to allow others to catch-up, pull in somewhere safe and don't spread out all over the road. At coffee stops don't block the pavement with bikes, even if it means parking the bikes further away and leaving someone to guard them. Always ask before leaning your bike against another bike. Don't delay when leaving the café stop. Ride Leaders should give a 5 minute warning (but should also be mindful that some may have needed to queue longer for food or toilets). 	<ul style="list-style-type: none"> Always respect other road users including drivers, pedestrians, runners, dog-walkers, horse-riders, and other cyclists. Ring your bell to warn others that you are there. Be sensible in a group, ride two abreast if appropriate, but single out where necessary. When cycling in a large group on busy roads, split into small groups of 3 or 4 cyclists so that vehicles can overtake more easily. Where appropriate and safe to do so, allow drivers to pass you on narrow roads. Don't feel you always have to stop straight away to let a vehicle pass, especially if you are cycling uphill, but cycle on until you reach a wider section so that the vehicle can pass you safely. You will often catch up with the vehicle anyway when they meet another vehicle coming the other way. When approaching a horse slow down and talk to the rider, asking if it's OK to pass, and give the horse a wide berth.
WARNING SHOUTS	
<ul style="list-style-type: none"> Car Back: Car approaching from behind Car Up: Car approaching from up ahead Gravel or Pothole: Hazard in the road Walker/runner up: there's a pedestrian ahead Bike up: Slower cyclist ahead that we are likely to overtake; or one approaching us in the opposite direction. 	<ul style="list-style-type: none"> Stopping: for a hazard we cannot ride round Slowing: for a potential hazard for which we must control speed (but not stop suddenly) Clear: Called at a junction when there is nothing coming and it is safe to proceed. Car Right or Left: Car approaching from side and unsafe to proceed at junction (or shout stopping).