

# Rules for Emmanuel Cycling Group (ECG)

## Group ride rules and advice

Each rider is responsible for their own safety so ensure your bike is road-worthy and that you're confident riding on the roads before joining the group.

**Without exception, no-one will allowed to ride with ECG without wearing a helmet.**

**The rider leaders will be in-charge of their designated ride and their instructions should be followed by all riders.**

Remember, that when you are riding in our group rides, you are the face of the group, this is especially true when you are wearing any group named clothing. The impression of the group by the wider community is based on all our riders, so please act responsibly and be considerate of other road users and pedestrians.

**1. Have fun:** Above all, the group rides are meant to be fun for everyone. There may be some basic rules here but the group run isn't run as a registered cycling club, it's about enjoying yourself, meeting new people and getting out on your bike. Most weeks there will be a standard ride of approx 22 / 25 miles and a shorter ride of approx 15 miles. However, on the second Sunday of each month, from April, the standard ride will be for a longer distance of possibly 40/50 miles. We will try to avoid repeating any route within four weeks to ensure there is plenty of variety in the rides.

**2. Say hello:** If you're new, please identify yourself to those leading any rides. Please listen to them, as they will explain how the ride works and where it's going. Any medical conditions or allergies that may affect the rider should pointed out confidentially to the ride leaders.

**3. Highway Code:** You must at all times comply with the Highway Code and more than that, you must ride with courtesy and respect for other road users. You are responsible, not only for your own safety but for other riders around you. There will be a leader but their role is limited to choosing the route and keeping the group together. They are NOT responsible for your safety, you are. More experienced group members may suggest that you to adjust your speed, road position or style. Please respect them, as they are only concerned for everybody's safety and keeping the group together.

**4. It's not a race:** The club rides are social rides – we are NOT racing. There will always be a few hills (up and down!) where you can let off steam. We wait for people who go off the

back of the ride. If you go off the front we'll assume you've gone off on your own and it's your job to come back and find us.

**5. Group riding etiquette:** When we ride, we try to ride as a group. Ideally you should aim to ride close to the rider in front, to save energy and assist in keeping the group together. Ride in pairs when it's safe, but never more than two abreast. Single file should be used if a vehicle is behind so it can pass, or if the road conditions make it sensible to do so. Don't surge ahead suddenly, ride consistently and predictably. Be careful when braking suddenly to avoid riders behind crashing into you.

**6. Ride a predictable line:** A really simple rule, but if you don't ride a predictable line then again the rider behind is likely to crash into you.

**7. Ride together and wait:** When the group gets broken up, if you are at the front, slow down a little to allow the riders behind to catch up and then proceed as a group. The aim is to keep the group together throughout the whole ride. The ride leaders will ensure that all riders are back in the group before resuming at normal pace. It's okay to keep moving but reduce your speed, until everyone is back together. The leaders should stop at any major junction or turn to ensure everyone knows which way to go.

**8. Stop in a safe place.** If you're in a large group it's important not to wait on dangerous sections of road longer than necessary as you'll get in the way of other traffic. Find a suitable place to wait at the side of the road while others to catch up. Never stop immediately around a bend or junction as it can be dangerous.

**9. Signals and warnings:** You'll soon learn ride signals, but if you're not sure just ask.

Front riders should warn of hazards ahead and inform the rest of the group verbally and/or with hand signals.

Rear riders should (inform of hazards approaching from the rear as well) ensure that no one is falling behind.

When riding two abreast and you need to single out, the outside rider should move behind the inside rider. Talk to each other while you do it so every rider is clear.

Point and call out at holes or objects on road. Basically, if you have to go around anything tell the rider behind about it before they hit it.

**10. Mechanicals:** If someone punctures or has a mechanical please shout to alert other riders. Initially, everyone is expected to stop whilst the problem is reviewed. All riders should carry at least one spare inner tube, tyre levers and a way of inflating a tyre (Pump or gas canisters). Sometimes while repairs are taking place a decision might be made to split the group to avoid riders getting cold..

**11. Contribute:** We're a volunteer run group and anything you can add will make us even better. Suggestions on how we can improve the group or offers of planning new routes or leading rides are always welcome.

**12. Keeping safe.** ECG insist that all riders wear a helmet on rides. Ideally, bikes should have working lights, both front and rear for dull conditions. Mudguards are a good idea too if it's wet so you don't soak the rider behind you. Headphones are not allowed on ECG rides.

**13. What to bring.** Please carry a mobile phone and make sure you swap numbers with ride leaders and fellow rider before we leave. Bring inner tubes, a snack, a drink, and clothing suitable for the weather. Please also bring a small amount of cash or a credit card in case of an emergency or coffee stop..

**18. Waiver & release of liability.** Cycling is an adventure sport with inherent risks. Riders should confirm the following: That they have no medical condition which could restrict them from taking part in ECG rides and confirm the following statements:

**I agree to indemnify ECG, its Ride leaders, other officials and any other persons connected with ECG from any liability whatsoever resulting in personal injury (fatal or otherwise) loss, damage or expense caused.**

**I agree that I participate in rides entirely at my own risk.**

**I confirm that I will always wear a helmet on rides, that my bike is in good working order and that I shall take reasonable precautions as to ensure my own safety and the safety of all other participants.**

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**Organizer for Emmanuel Cycling Group**

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