



OVER 55 CYCLING CLUB INC. Perth - Western Australia.

BY-LAWS

1. GENERAL

- 1.1 These By-Laws are made under clause 26 of the Constitution.
- 1.2 Members of the Club are bound by the Constitution and these By-Laws.
- 1.3 If any inconsistency arises between these By-Laws and the Constitution, the provisions of the Constitution shall apply.
- 1.4 Acceptance into membership is subject to the requirement that only a bicycle that is solely powered by the rider is to be used on club rides. Clause 1.5 may be the exception. At some future time following acceptance, Clause 2.2 may apply.
- 1.5 An applicant for membership who wishes to use an electric bike may be considered by the committee or designated officers (jointly), for approval to join provided they have a justifiable reason to use such a bike, and that it complies with European Standard EN 15194. Reasons may include, but not limited to, recovering from ill health or injury, or a permanent injury or disability that precludes the use of a bicycle of the type described in Clause 1.4.

2. RIDE MANAGEMENT

- 2.1 Ride Management By-Laws are applicable to all members.
- 2.2 An existing riding member may request approval from the committee to use an electric bike for club rides if this will enable them to continue riding when they would otherwise be unable to do so. Such a bike must comply with European Standard EN 15194. Officers designated by the committee may jointly grant approval on behalf of the committee.
- 2.3 A Ride Leader and a Tail-end Rider must be appointed for every ride.
- 2.4 The Ride Leader is in charge of the ride group. Whilst they will normally lead the ride from the front, they may at their discretion rotate the lead, provided they remain in a position to control the ride.
- 2.5 It is recommended that the ride groups are limited to ten (10) riders. If the number of riders wishing to ride at a particular level exceeds this number then it is desirable that the group splits into two or more groups so each sub group does not exceed 10 riders. If this is done a leader and tail-end rider must be appointed for each sub group.
- 2.6 All riders should carry a whistle; an appointed Tail-end Rider must carry a whistle. When either the Ride Leader or Tail-end Rider considers that it is necessary for the ride to stop, a single blast of the whistle should be given. The signal is to be repeated as necessary from front to back of the group, or vice versa, as appropriate. Other riders can stop the ride when necessary.
- 2.7 Any rider may request an additional comfort stop at any appropriate time.
- 2.8 The Ride Leader may alter the route of any ride at his discretion.
- 2.9 Ride Leaders must stop the ride at intervals appropriate to weather conditions to allow riders to have a drink. Any rider may call for a drink stop.

- 2.10 The general planning and scheduling of all rides shall be undertaken by the Ride Committee under the direction of the Ride Captain. The Ride Committee shall comprise the Ride Captain (chair), Deputy Ride Captain, members assigned as Ride Leaders or Tail End Riders.

2.10.1 The Deputy Ride Captain is required to act on the Ride Captain's behalf in their absence.

2.10.2 The Ride Committee meetings shall take place at a time to be decided by the Ride Captain.

2.10.3 The Ride Captain shall report the outcome of the Committee meeting to the Committee of Management at the following Committee Meeting.

2.10.4. The Ride Committee shall prepare the annual ride program by 31 October and the Ride Captain shall present the program at the November committee meeting for ratification by the Committee.

3. SAFE RIDING

- 3.1 Members taking part in rides organised by the Club are required:
 - 3.1.1 to comply with the traffic laws of Western Australia; and
 - 3.1.2 to observe the provisions of these By-Laws.
- 3.2 Bicycle helmets complying with Australian Standard AS/NZ2063 must be worn and such helmets must be correctly fitted and fastened.
- 3.3. All riders are required:
 - 3.3.1 To wear shoes or boots or cycling/adventure sandals whilst cycling. Bare feet, thongs or strapless sandals are not acceptable;
 - 3.3.2 To wear suitable clothing to ensure high visibility to all other road and path users at all times; It is preferred that the club jersey be worn on all club rides for both visibility and identification; This can be supplemented with other high visibility apparel to suit riding conditions on the day.
- 3.4 It is strongly recommended that riders use flashing front and rear lights in poor visibility conditions. Riders are strongly encouraged to use them at all times.
- 3.5 Radios, earphones, mobile phones or any other device, which may interfere with hearing, sight or control of the bicycle, must not be operated while riding.
- 3.6 Riders must commence the rides with a spare tube, tyre levers, a tyre pump and a water bottle with adequate water supply for the ride.
- 3.7 No alcohol may be carried or consumed on rides.
- 3.8 The rider's name tag should be worn during rides. A contact name, address and phone number for use in the event of an emergency must be carried.
- 3.9 Riders must ride in single file when on Shared Paths and must ride no more than two abreast when on roadways, in accordance with the WA traffic laws.
- 3.10 Traffic lights, pedestrian lights, Stop signs and Give Way signs must be obeyed in accordance with WA traffic laws.

- 3.11** Riders must keep to the left on Shared Paths and roadways.
- 3.12** When the group is stopped, riders must avoid obstructing the path or roadway.
- 3.13** Riders are to remain behind the Lead rider as far as practicable unless directed otherwise by the Ride Leader. If a rider passes the Leader, the rider is to slow down or stop and allow the Leader to regain the lead as soon as this can be done safely.
- 3.14** Riders should follow the Lead rider and not depart on alternative routes, however minor.
- 3.15** The Tail-end Rider must remain at the rear of the group throughout the ride unless directed otherwise by the Ride Leader.
- 3.16** Lead riders must call out warnings when obstructions, pedestrians, cyclists or other hazards are seen. Tail-end riders must call out warnings when the group is about to be overtaken by motor vehicles or other cyclists. These calls are to be passed along the group by other riders. Should a Lead rider or Tail-end Rider fail to give a warning call, other riders should originate a call themselves. The final responsibility for a rider's well-being rests with the individual. Riders should not rely solely on the call of another rider but check themselves that any given call is correct.
- 3.17** All riders must stop when directed by the Ride Leader or when a single whistle blast signal is given and must not proceed again until determined by the Ride Leader.
- 3.18** On a club ride, if a member infringes the traffic laws or Part 3 of these By-Laws they shall be requested to comply by the Deputy Ride Captain, Ride Leader or Tail-end Rider.
- 3.18.1** Should the offending Member fail to comply they may be reported to the Ride Captain
- 3.18.2** The Ride Captain shall convey such report to the Committee.
- 3.18.3** The Committee shall decide what action is to be taken in respect of such report.
- 3.19** Ride Safety Calls are:
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| BIKE UP | Cyclist approaching from front. |
| BIKE BACK | Cyclist approaching from rear. |
| COMING THROUGH | Cyclist passing riders. |
| PASSING ON RIGHT | Cyclist passing riders. |
| POST | Beware of post on path ahead. |
| WALKER | Pedestrian on path ahead. |
| SKATER | Skater on path ahead. |
| GLASS, SAND, etc | Hazard on path ahead. |
| LOOSE DOG | Loose dog near path ahead. |
| SLOWING/STOPPING | When a rider is slowing or stopping. |
| CAR BACK | Car overtaking. |
| CAR LEFT/RIGHT | Car approaching from the side. |

The call of 'Clear' should not be used.

4. DUTY OF CARE

- 4.1** Officers and other Members responsible for activities of the Club have a legal obligation to exercise a duty of care in accordance with the laws of Australia and Western Australia.
- 4.2** Ride Leaders and Tail-end Riders must be familiar with traffic laws and the Club's By-Laws.
- 4.3** After the ride has been completed, the Ride Leader must report all significant incidents of accident, hazard, infringement of traffic laws or Club By-Laws to the Ride Captain.
- 4.4** In the event of an accident or illness during a ride:
- 4.4.1.** The Ride Leader is responsible for ensuring appropriate assistance is offered to the injured or unwell rider.
- 4.4.2.** The decision as to what assistance is provided is to be made by the Ride Leader and/or the First Aider in conjunction with the person affected. In all situations, the safety and legal rights of the

injured or ill rider are to be preserved.

4.4.3. Wherever possible, at least one person not involved in the incident should witness the decision made and the actions taken.

4.4.4. An injured or sick rider has the right to refuse assistance offered. However, the rider must remember that they also have a duty of care to their fellow riders and such an action may not only endanger their own life but will also place unwarranted stress on to the others in the group.

The club strongly disapproves of such an action.

5. RIDING BY NON-MEMBERS

- 5.1** Non-members may participate in rides organised by the Club with the approval of the Ride Captain or Ride Coordinator. Approval shall not be given for non-members to participate in Club rides on a regular basis.
- 5.2** Non-members can ride in up to three rides with the club without paying a fee, after which they are required to join the club and pay the joining fee as decided by the committee.
- 5.3** Before a non-member takes part in a Club ride, the non-member is required to:
- 5.3.1** read a copy of Schedule 1 of these By-Laws, "Conditions of Participation by a Non-Member in Rides Conducted by the Over 55 Cycling Club";
- and
- 5.3.2** sign a copy of Schedule 2 of these By-Laws, "Declaration by Non-Members".

6. CERTIFICATES OF APPRECIATION

- 6.1** A Member who has rendered long and/or valuable service to the Club may be presented by the Club with a Certificate of Appreciation.
- 6.2** Members may make a recommendation to the Committee that a Member be awarded a Certificate of Appreciation.
- 6.3** A recommendation, proposed and seconded by financial Members, shall be made to the Secretary in writing, and shall set out the reasons for the recommendation.
- 6.4** The Committee shall have the power to decide whether to accept the recommendation and is not required to give the reasons for its decision.
- 6.5** Wherever possible, Certificates of Appreciation shall be presented to the recipients at an Annual General Meeting.