



How to ride with the Over 55 Cycling Club

2020 – Michael Le Page – Ride Captain

Before the group ride - *your responsibilities*

- Club jersey and Club name badge showing contact information
- First Aid Kit
- Helmet that is correctly adjusted
- Pump, spare tube(s) and tyre levers
- Working bike bell to warn walkers/bikes being overtaken
- Water bottle(s)
- No phone use while riding. Warn the group if you are expecting an urgent phone call.
- Advise Ride Leader of any special medical equipment you carry e.g. EpiPen.
- Know your fitness level and choose your ride gap accordingly

Strongly encouraged

- Working bike lights - front and back
- Whistle
- Rear view mirror

During the group ride - you should:

- Ride in single file on PSPs (Principal Shared Path) and other shared pathways
- Keep to the left and stay inside marked bike lanes
- Only overtake on the right
- Aim for a consistent speed and line
- Maintain a safe following distance – depending on the conditions but minimum one wheel width
- Do not overlap wheels with the bike in front
- Keep behind the leader unless arranged otherwise
- Concentrate and stay alert (limit the chat)
- Make and repeat all calls (see over) LOUDLY
- Pass on all calls (see over) either up or down the line, without exception
- (Some calls may be accompanied by or replaced with hand signals)
- Obey all traffic signs and lights
- Not leave anyone behind
- Use your mirror and call the gaps
- Advise the ride leader or tailender if there is an issue or if you are leaving before ride's end

Note: *Your calls, signals and group riding skills are important for the safety and welfare of you and the other riders in your riding group. Details about safe riding practices can be found in the Club Bylaws on the club's webpage.*

Calls - meaning

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|------------------------|------------------------------------------------|
| "BIKEUP" | Cyclist approaching from the front |
| "BIKEBACK" | Cyclist approaching from the rear |
| "POST" | Beware of post, bollard, bus stop etc, ahead |
| "WALKERUP" | Pedestrian or jogger approaching on path |
| "WALKERLEFT" | Pedestrian or jogger on left of path |
| "GLASSLEFT/RIGHT" | Broken glass hazard on the path ahead |
| "SANDLEFT/RIGHT" | Sand hazard on the path ahead |
| "TREELEFT/RIGHT" | Tree (branch) hazard on or over the path ahead |
| "LOOSEDOG" | Unrestrained dog on the path ahead |
| "SLOWING/STOPPING" | When slowing or stopping |
| "CARBACK" | A car behind that may be overtaking |
| "CARLEFT/RIGHT" | A car approaching from left or right |
| "GAP" | There is a break in the group |
| "ALLUP" | The gap has been closed |
| ASINGLEBLASTONAWHISTLE | Calls a stop to the group |
| "ALLCLEAR" or "CLEAR" | should not be used |