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## RIDE INSTRUCTIONS

Regular club rides are conducted each Monday, Wednesday, and Saturday morning, departing from a variety of locations. Most members carry their cycles by car to the departure location, and following a loop ride, return to the start point for a picnic lunch, particularly on Wednesdays. A folding chair is recommended. Where possible a morning coffee break is taken during the ride.

Saturday rides are conducted from Carine for members living north of the river. For those living south of the river, rides start from Deepwater Point.

### RESPONSIBLE HEALTHY CYCLING

**Riders are responsible for their own health and safety.** If conditions are not suited to your level of fitness (e.g. too warm), do not ride.

Cycling is an outdoor activity and it is important to use sunscreen.

#### Warm up

Preparation before cycling should be completed at least 10 minutes before the scheduled start time of the ride. It is recommended that prior to participation in a Club ride, riders should spend 10-15 minutes on simple warm-up exercises, either individually or in a group. Suggested activities include:

- a) A steady ride or a brisk walk around the car park, followed by.
- b) Muscle stretches of legs and arms; gentle bending from the waist.

NOTE: Do not stretch cold muscles: this can result in injury. Stretching should only be carried out after muscles have been warmed up.

These simple activities are recommended for a healthy beginning to your ride, warming up your muscles, joints and cardio/pulmonary systems.

Riding in very cold conditions can have health implications, and a warm up is even more important.

#### Cool Down

Stretching after completion of the ride is strongly recommended as part of the cool down to aid recovery and aid flexibility.

#### Which group should you ride with?

Members are encouraged to participate in the Club ride that suits them on the day. There is no necessity to remain in the one ride level. If you are struggling to keep up with the group, or the group has to continually stop and wait for you to catch up it is recommended that you drop back a group until you regain fitness. This also applies to those who have not ridden for two or more weeks.

Conversely, if you find your current group is not meeting your needs in terms of the speed or distance of the ride, you are free to join another group.

#### Cancellation of Rides

An official forecast of 38 degrees C or higher on the evening before the ride will automatically cancel all rides. Rides may also be cancelled in the event of inclement weather, but this decision is not made until the scheduled start time.

Also, Ride Leaders may adjust the ride to allow for weather conditions.

All rides depart at the advertised starting times. **It is strongly recommended that all riders be at a start venue at least twenty minutes before the advertised start time.** This allows time for your warm up and any announcements to be made prior to the rides starting.

### **To participate in a club ride.**

All riders must wear an approved cycling helmet, correctly fitted, carry a pump, tyre levers and spare tubes and a suitable spanner if your bike is not fitted with quick release levers.

It is strongly preferred that riders wear the club jersey on all club rides. If, for any reason, the club jersey cannot be worn, then high visibility clothing must be worn. Dark (black, red and blue) jerseys, and open shoes are not permitted on club rides. All riders should wear their club name badge with the emergency contact information. All riders must carry drinking water and a small first aid kit is recommended. All riders should carry a whistle.

### **Riding in Groups**

Please consult the document 'Group Riding Rules' regarding how to ride in a group on club rides. It's available on the web site (under the Home Page).

### **IMPORTANT VENUE LOCATIONS ARE:**

BEATON PARK	Beaton Park, The Esplanade, Dalkeith
BURSWOOD	Charles Paterson Reserve (car park adjacent to Causeway)
CARINE	Monyash Road next to Riding for the Disabled facility
CITY BEACH	Challenger Parade, north of Oceanic Drive
DEEPWATER POINT	Esplanade, Mt Pleasant, main car park near toilet block
EAST VICTORIA PARK	Leisurelife Centre, 34 Kent Street
JOONDALUP	Neil Hawkins Park (Car Park at the east end Boas Avenue )
KENT STREET WEIR	Kent Street, Wilson
LAKE MONGER	Dodd Street Near Speech & Hearing Centre
LEEDERVILLE	Britannia Road Reserve, Britannia Road
MUNDARING	Sculpture Park, Jacoby Street, Mundaring
PERRY LAKES	Perry Lakes Drive, Floreat (next to the Hockey building)
POINT WALTER	Car park off Burke Drive (near the boat ramp)
RAPHAEL PARK	Corner of Armagh and Gloucester Streets, Victoria Park
SANDY BEACH	Sandy Beach Reserve, West Road, Bassendean

### **RIDE GROUPINGS**

Ride groupings are based on average speed and distance. Within any one grouping there may be several ride groups on any particular day (or even none), depending on numbers of riders and available leaders. It is recommended that the ride groups are limited to ten (10).

There are 5 speed groupings in each of two start times for Wednesday rides, with the earlier groups generally travelling further. The catalogue of rides can be downloaded from the documents section of the website. Route maps can also be found in the maps section of the website.

**Important note: The speed shown is the AVERAGE speed overall. To achieve this average speed requires the majority of the ride to be ridden at much higher speeds.**

Much of the ride will be at speeds 25-30% or more above the average speed. Note that the ride leader has the discretion to alter the route, and distances will also vary. If on any day you do not feel you are capable of maintaining this higher speed or distance you should ride with a slower group, both for the sake of your health, and to not spoil the ride for others who have to wait for you.

Ride groups on a Monday and Saturday will be arranged according to numbers and leaders present. Riders can anticipate leaders will ride at similar speeds to Wednesdays.

**EARLY START (E) GROUPS (longer / faster rides)**

<b>Group</b>	<b>Average Speed</b>	<b>Average Distance</b>
E1	28 km/h	80km
E2	26 km/h	75 km
E3	24 km/h	65 km
E4	21 km/h	58 km
E5	19 km/h	50 km

**LATE START (L) GROUPS (shorter / slower rides)**

<b>Group</b>	<b>Average Speed</b>	<b>Average Distance</b>
L1	25 km/h	55 km
L2	21 km/h	45 km
L3	18 km/h	40 km
L4	17 km/h	35 km
L5	15 km/h	30 km

## **Ride Leaders Charter**

### **Preamble**

The Charter is designed to provide guidelines for Ride Leaders on how a typical ride with the Over 55 Cycling Club is conducted. It also informs rank and file members of what is expected of them during a ride. Minute detail has been excluded from the Charter in favour of listing general principles. A common sense approach to riding is expected to supplement the content of this document.

### **Prior to Ride Day**

Leaders should consult the ride program to select the destination and plan the appropriate route. Ride catalogues and/or online maps are available. These are for guidance only – if the leader knows of alternative safer routes they are encouraged to use them.

### **Pre Departure on Ride Day**

- Inform the Ride Captain of the details of the planned ride.
- Introduce any new riders to the group.
- Brief the assembled group on the destination, route, distance and approximate average speed along with any problems that may be encountered along the way (rain, heat, hills, wind, detours etc).
- A brief explanation as to what is expected of the group is useful so riders can adapt to the leaders style of leadership.
- Check to see everyone in the group presents with sufficient water & necessary accessories (pump, spare tube and tyre levers)
- Check that assembled members are confident they are in the correct group and make any adjustments.
- Appoint a tail end rider who must carry a whistle and a mobile phone. Confer with the tail ender to confirm strategies for keeping the group together on the ride.
- Ensure there is at least one mobile phone being carried within the group that has the Club number (0451 051 504) in its memory.

### **The Ride**

- Observe rules of the road
- Call hazards loudly and insist that the 'calls' are relayed up and down the line of riders.
- Ride single file (this is a legal requirement on paths).
- Ride at the agreed speed but be prepared to alter the speed if conditions change during the ride.
- Take regular rest/drink/toilet breaks.
- If there is a problem, such as a puncture, the entire group stops and assists in restoring the integrity of the ride.
- Keep the group together. Particularly important at intersections where it may not be possible to cross as one group.

### **Post Ride**

On return notify Ride Captain of the ride distance, number of riders, average speed, destination and any incident that may need further investigation.

If there has been a reportable accident, supervise the completion and submission of the accident report form to the Ride Captain.