



# Yorkshire Rose

## Cycling Club

### Guidelines for Club Riders

At Yorkshire Rose Cycling Club (YRCC) fun and friendship are at the heart of our club and we want everyone to experience a great time cycling. We also want to support and encourage riders of all abilities to ride with us. Safety is the responsibility of each and every rider, we expect everyone on a YRCC ride to look out for others safety as well as their own. Therefore please read our guidelines for riding with our club that will ensure you have a fantastic day out with us.

- Ensure you arrive in enough time to hear details about your ride. The rides will leave promptly at the advertised time.
- Choose a ride appropriate to your ability. Check the ride details for information about the distance and pace of ride.
- Please ensure you have an emergency contact details with you and wear clothing appropriate to the conditions.
- Obey all the rules of the road as if you were driving a vehicle. Never ride through a red light to stay with the group. Check if everyone has got through at junctions and traffic lights, and continue slowly to allow catch up if necessary.
- On busy roads, avoid riding in a long single-file line, as this makes it difficult for vehicles to overtake. If you can see 4 or more riders in front of you, without space for a car to pull in, you should drop back at least 1 car's length. Ride 2 abreast in groups of 4 where possible.
- YRCC require cycle helmets are worn during any club ride.
- Please pass on any messages, verbal or visual, from the leader, such as potholes, pedestrians, horses etc, along the line.
- Your bike must be in good order with working brakes and tyres pumped up.
- We recommend you bring: tyre levers, inner tube or tubeless repair kit, pump, multi tool, waterproof jacket, food, water, money for cafe, lightweight lock, bank card and a mobile.
- In the event that the group splits, please wait at the top of hills and at junctions to regroup. Don't block junctions when waiting, choose a safe place to stop with good visibility or a place to wait off the road.

- Do not ride up the inside of other riders and alert others when overtaking them, by calling 'On your right' if passing to another rider's right.
- Our ride organisers are volunteers and not trained ride leaders. All members of the group should look out for others, check if anyone is being left behind, assist with navigation and mechanicals if they can.
- Don't force the pace of a ride. If the ride is too slow or fast for you, please join or offer to organise a different ride in future.
- If for any reason you decide to leave the ride, do let the ride leader know.
- Please acknowledge other riders on the road with a hello, wave, nod or a smile. It's important that YRCC is seen as a friendly club that sets high standards.
- Please note that you ride at your own risk and the club accepts no responsibility for your personal safety.
- Move away from any arguments with other road users. Please report incidents of dangerous driving to the police.
- If you have any concerns please contact our welfare officer, details on our website committee page.

