
Sodbury

Cycle Sport

Group riding code of conduct

Listed below are a few rules and guidelines to ensure everyone can enjoy our club rides safely and act responsibly on the road. As well as a code of conduct for club rides, we have a formal constitution, safeguarding policies and a committee who make various decisions about running the club.

Waiting for others:

We all ride to have fun, so the golden rule is no one gets left behind. The group always waits at the top of the hill or the next junction for whoever is at the back.

You can ride ahead but when you get to the top of the hill or cross a junction, wait for the group at the nearest safe place or ride slow enough for them to catch up. Do not continue to ride on in a fashion that will cause the group to split up.

Looking after group members:

It's important everyone knows how many and who are in their group (Max group size of 8).

It is everyone's responsibility to look after each other and ensure the group stays together. Look after the person behind you. If you think they're struggling or have a mechanical problem, try to get a message passed forward so the group knows to come back or wait.

Please let other riders know if you are having an issue or planning on leaving the club ride early.

If you are struggling to maintain the group speed then please wait for the next group behind to catch up and ride with them. But let your group know you are planning to do this, do not drop off without speaking up. It may be the case that someone in the group may be willing to ride at a slower pace with you.

Any decision made should be made by the entirety of the group.

Mechanical issues:

Everyone is expected to at a minimum carry the tools/parts needed to fix a puncture (Innertube, Pump / CO2 Inflator). It's recommended that you are able to fix a puncture yourself and have a basic mechanical understanding of your bike.

It's expected that you let the group know of your issue immediately so the group can react quickly to stop together safely. It's then a group decision to decide if everyone waits and provides help to fix the issue or a select few members of the group stay to help whilst the others carry on. No one should be left alone at any time unless they're experienced.

If a mechanical issue is severe enough to stop you from riding your bike it's important you have an emergency contact to hand to get yourself home.

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Group riding in motion:

Use 'drafting'/'slip-streaming' to help each other out (cycling close behind each other). We appreciate this takes a bit of getting used to if you're new to road cycling, but it's one of the great advantages of riding in a group.

Sharing turns on the front will make the ride that bit easier for everyone. When rotating, the front person should safely make their way to the back of the group and rejoin after the last rider. Whether this is done to the right or left is to be decided by the group. The front person should not create a surge in power, this will cause stress on everyone in the group. The front rider should slowly increase their power to a suitable level comfortable for them.

Alerting the group:

Hand gestures and calling out are both suitable ways to safely alert the group of an obstruction, change in speed or change in direction. It's key that this is done well in advance.

Phrases;

“Car back” - Means a car is behind the group and is looking to come past

“Car Up” - Means a car is moving towards the group in the opposite direction to travel



1. Stop - Hand straight up in the air. Group is stopping for a junction, puncture or because there is an obstruction in the road.

2. Slow - Move one hand as if gently patting a dog. Group is slowing down.

3. Obstruction - Waving/Pointing behind back indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.

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4. Turn - Left or right hand extended out to the side. Direction of turn/change in direction coming up.

5. Below - Pointing down at the road sometimes with a circulating motion to an obstruction on the road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles. This signal is often accompanied with a call of "below".

Communication is key!

Routes:

All riders should be aware of where the route is heading and where the group plans to stop for coffee before setting off.

Riders are expected to have the route downloaded to their GPS / Bike computer, so they can see upcoming turns and in the unlikely instance that they are split from the group, they can use it to navigate their way back. This does not apply for those who do not have a bike computer (But must still have general knowledge of the route's direction and a key point such as the coffee stop).

CLUB ABSOLUTES:

- Helmets must be worn please. Without you will be politely asked not to attend the club ride
- Tri-bars are not permitted
- No earphones

All these are not negotiable, they are there for everyone's safety.

Riders under 14 must be accompanied by a responsible adult.

New riders are welcome to try out the club, but after 3 rides will be expected to [join \(Membership\)](#). If you have any questions regarding membership please feel free to contact us.

SCS Club members are encouraged to wear club kit, of which can be found here ([Club Shop](#)).

Obey the [highway code](#) so we ride safely and considerately. Club rides are a great opportunity to learn but always ride within your capabilities.

Useful information

New Riders – ([New riders Doc](#))