



Charnwood Triathlon Club

Cycling Etiquette

Cycling Etiquette is a whispered code of behaviour that helps our community pedal in rotund, harmony together. It is not just an arbitrary set of rigid rules, concerning such subjects as the proper dress for racing, the correct wheels or where to pin your race number: bike protocol deals with a much wider range of behaviour. These customs have been introduced to combat the reality that some cyclists are childish, self-important, egotistical asses. Each country has its own system of manners. Behaviour considered appropriate in one club ride may be considered improper elsewhere. It's not what's correct: Cycling Etiquette is simply proper consideration for the other cyclists, who accompany you on the spin.

Since safety has to be the number one concern when we ride on public roads, Charnwood Triathlon Club members must adopt the following etiquette for club rides:

1. Before joining any club ride, members are required to have attained a level of competence on the bicycle, equal to that expected of a cyclist who would not cause a risk or danger to him or herself or any other cyclist, or any other road user on any such ride.
2. All members shall act courteously to fellow riders and other road users
3. All members shall understand the Highway Code and act responsibly and safely in all respects of the highway.
4. When riding on open public roads, a single file formation is the only acceptable way to move as a group. Only ride at a 2-berth, and no more, when it is safe to do so and no vehicles are approaching.
5. As according to club rules, anyone attending a club ride must wear an approved helmet.
6. Brakes and gears must be in sound working order
7. A bike ride leader must be appointed for each ride, and ensure the objectives and route of the ride are communicated to all members
8. Ride leader is expected to keep an eye on the pack. If the pack gets spread out, the leader is expected to slow the pace.
9. Sweeper - it's preferred that an experienced cyclist ride at the rear to assist inexperienced cyclists with cycling tips/repairs as needed.

OR

10. Any new, or inexperienced riders that attend must be allocated a 'buddy' to keep them safe, included within the group and informed.
11. If a member of the ride punctures, the group will cycle for a mile, turn and return for the victim
12. No member, no matter what their experience, should be dropped and left on their own for the remainder of that ride – groups must look after each other and encourage others
13. It is the responsibility of the sweeper (or back rider) to notify the cyclist in front of them that a car is approaching from the rear by saying, "Car Back." Each rider is expected to pass the caution towards the front in order that all riders can take appropriate action - usually "thinning" the pack to single file or closer side-by-side.
14. It is the responsibility of the lead rider to notify the cyclist behind them of approaching issues by saying, "Jogger Up, Cyclist Up" or whatever potential danger is approaching. It is the responsibility of each cyclist to pass the caution

- back. If approaching horses from the rear, the lead rider must verbally warn the horse rider to avoid distressing the horse
15. Hand signals, instead of words, are used to warn riders of potential danger on the roadway. In a pack, oftentimes, the only cyclist who has enough visual warning is the front cyclist. Therefore, it is the responsibility of the lead rider to warn the cyclists behind them. If the lead cyclist (or the cyclist in front of you) shakes their hand to the right, that means there's a pothole, branch or some obstacle to the right. Shaking of the left hand means there is an obstacle to the left. If the lead rider puts their hand behind their posterior, that means to follow right behind them as there might be obstacles on both sides. If the lead cyclist puts their right hand down with the flat of the hand facing you, that means the lead cyclist is slowing down or coming to a stop.
 16. It is the responsibility of each cyclist to operate their bike in such a manner as to not offend motorists, pedestrians, etc. While not required, a "thank you wave" to a motorist who yields to the pack does make friends! A "hi" to a youngster that we pass may encourage the youngster to begin cycling.
 17. Do ask questions of more experienced riders when you're not sure what is occurring.
 18. The club reserves the right to refuse a member to join a cycle ride if it is deemed by the group that that person could or may prejudice the safety of him or herself, other members or other road users.

The following is also recommended:

That each member:

- Carries personal identification with them
- Learn and use the appropriate hand signals for turning and stopping.
- Make eye contact with drivers and pedestrians whose path you will cross. Pedestrians and horses always have the right of way.
- Ride as close to the shoulder of others as possible when riding on a well-traversed road; maintain a safe distance from the kerb/hedge
- Allow a wide berth when passing other riders.
- Wear bright clothing when riding during the day to maximize safety.
- Wear reflective clothing when riding at night.
- Because riding on a bicycle offers little protection in an accident, use extra caution when riding through busy areas and intersections

Some key points to focus on:

- Concentration and awareness of what's happening around you is everything while riding
- Be considerate to the person behind you and realize that poor judgement on your behalf can land someone or a few people in hospital: it's all about trust
- Avoid sudden accelerations or sudden braking (without notifying others)
- Ride safely by expecting the unexpected
- **Have fun and enjoy!**

TAKE A LOOK AT THIS ARTICLE - THINK IT SUMS EVERYTHING UP NICELY!:

<http://www.cyclingulster.com/index.php?thenewsid=1979&newstable=news>