



Riding in a Group with Ruthin Cycling Club

Here are the guidelines for riding with Ruthin Cycling Club:

The etiquette all club rides should adhere to is to ***“Start as a group, Ride as a group and Finish as a group”***.

Clothing, Equipment and your Bike

Please wear or carry suitable clothes for the expected weather conditions, including extra layers in case you are stopped for a while. Remember it can be much colder at the top of exposed hills and it can rain unexpectedly – we are in Wales!

Use Suncream in the summer! And carry plenty of water and energy bars.

You should have tools for fixing punctures with you including tyre levers, inner tube(s) and a pump. A Multi-tool and chain link can be handy too.

Before the ride, do check your bike over: tyres, wheels, brakes, bearings etc. Other club members can be a useful source of advice.

Remember, you are responsible for your own safety and well-being.

Riding two-abreast

When traffic and road conditions permit, the group should ride two abreast in close formation. This allows significant protection from the wind (up to 30% easier than riding solo!), for all but the leading two, as well as allowing a sociable atmosphere within the group. It also reduces the length of the group allowing quicker overtaking by other traffic.

Riding single-file

The group will have to "single up" to allow traffic to pass in narrow lanes or heavy traffic. The leading rider should instruct the group to "Single-up!" in a loud voice when this is necessary.

Hazard signals within the group

The leading riders should give loud voice and hand warnings of hazards such as the need to 'single up' or of potholes, grids, walkers, parked or oncoming cars etc, and those hand-signals should be passed on as the rider behind you may not see the hazard until too late. Those at the back should warn of overtaking cars on narrow roads. But it's not necessary for the whole group to shout the same warning!

Sudden moves in a group

Remember, another rider - possibly inexperienced - is trying to follow only a couple of feet behind your back wheel, so if you sit up and freewheel, and possibly wobble, to eat, drink or adjust something, then that rider could easily run into your back wheel and crash. If in doubt, wait until a stop to regroup or go to the back of the group to eat and drink.

Staying in a group

Group riding sometimes means that stronger riders might have to ride a little easier than they might wish and weaker riders might occasionally find the ride hard but manageable. If gaps form, then a call of "Easy up!" from the rear of the group should result in an easing of the pace in order to keep the group together.



Look around you and when you see riders are fractured into groups of two and three spread over a mile of road, something is seriously wrong, it is no longer a club ride. Stop and regroup!

Climbing in a group

It's often unrealistic for groups to stay together on climbs. In this case those first to the top should wait or roll easily at the top, to allow dropped riders to get back onto the group and recover.

No dropped riders

No dropped rider should ever be abandoned. A rider who wants to leave the group should explain that to everyone and the group should be sure that he/she has food, drink, directions, and tools, to continue safely on his/her own.

Break aways

On some group rides, especially with larger groups, it might prove practical to split the group into two mid-way through a ride. If this is the case, the group should fully reform for a leader for each group to be established, before any break.

Punctures or other mechanical problems

If you have a puncture or other mechanical issue, shout "Puncture!" or "Mechanical!". The group should stop, alerting those in front if necessary. Move to a safe place, appointing traffic lookouts if needed. Assist the person with the problem as necessary. Generally continue as a group when the problem is fixed, or otherwise by agreement.

Accidents

The group should stop immediately. The first task is ensuring the safety of the injured party and the rest of the group, for example by stopping traffic. The state of any injured party should be assessed, and anyone in the group with First Aid or medical qualifications should lead the response as injuries dictate. If another person or property is involved, liability should not be admitted but contact details and photographs should be taken.

Respect colleagues & other road users

While it's great fun to be riding in a group, we need to respect the fact that roads are primarily used by cars and do our best to let traffic flow freely, especially on country lanes. Make pedestrians aware of your presence.

Slow or stop for horses and speak loudly if approaching from behind so the horse and rider are aware of your approach.

Please follow the highway code at all times.

ALWAYS FIT MUDGUARDS if the roads are damp to protect the rider behind you from spray and mud. Treat your colleagues with care and respect.

The club aims to follow the guidelines issued by British Cycling: [see them by following this link](#).