

### **Guidelines for Un-Led Club Bike Rides**

1. Riders are responsible for their own health and safety.
2. Maximum size of group is 10. If more than 10 riders attend split into smaller groups.
3. Riders must book into the ride on SportMember.
4. Riders must be members of Alnwick Triathlon Club.
5. One navigator / group. The navigator will know the route and keep the group together.
6. Riders should ensure they have contact number for the Navigator before setting out on ride.
7. Riders should carry a mobile phone.
8. Riders must have experience of group riding. There will be separate Led Rides for inexperienced riders to gain experience.
9. Ride routes will be advertised in advance; riders should familiarise themselves with the route, including any café stops – see club website for routes.
10. Ride pace will be advertised in advance usually 12-14mph, unless there are enough riders to form a second faster group. Riders must be fit enough to maintain this pace. There will be slower paced Led Rides arranged for those not able to maintain this pace.
11. Bikes must be roadworthy and regularly maintained.
12. Helmets are compulsory.
13. Working front and rear lights are strongly recommended.
14. Mudguards are recommended in adverse weather conditions.
15. Riders must carry tools to deal with punctures and other common mishaps.
16. Riders must carry their own fluids, nutrition and money to buy extra.
17. Riders must wear appropriate clothing and footwear for weather conditions. Bright coloured clothing is recommended.
18. Riders must be aware of group hand signals and calls for hazards and obstructions.
19. Riders must call out when approaching horses.
20. Riders must inform the Navigator if they decide to leave the group.
21. Riders should not use aero / tri bars while riding in the group.
22. Riders must be familiar with and follow the Highway Code.
23. Riders must comply with the Road Traffic Act.
24. Riders must ride smoothly and consistently, be aware of others around them and not brake without warning.
25. Riders should be aware that their actions impact on others in the group.
26. Riders should not let their front wheel overlap the rear wheel of the bike in front.
27. Riders must have Personal Liability insurance.
28. Riders should familiarise themselves with the Risk Assessment and Emergency Action Plan - available on the club website.