

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

1. Maximum size of group is 10 (this would be 8 riders & 2 leaders), with a ratio of maximum 8 riders: 1 Leader. If more than 10 riders, including leaders, attend split into smaller groups with each group requiring a Leader.
2. Riders must book into the ride on SportMember.
3. Riders must be members of Alnwick Triathlon Club.
4. Leader to give a briefing before the ride starts including hand signals & calls, an outline of the route etc.
5. The Leader will know the route and keep the group together.
6. Riders should ensure they have contact number for the Leader before setting out on the ride.
7. Riders should carry a mobile phone.
8. Ride routes will be advertised in advance; riders should familiarise themselves with the route, including any café stops – see club website for routes. Hazards specific to the route will be included in the PDF version of the route on the website.
9. Riders to ride at the pace of the slowest member of the group although they may split up on sections e.g. a hill and regroup at a pre-arranged safe place e.g. after the top of the hill.
10. Bikes must be roadworthy and regularly maintained.
11. Helmets are compulsory.
12. Working front and rear lights are strongly recommended.
13. Mudguards are recommended in adverse weather conditions.
14. Riders must carry tools to deal with punctures and other common mishaps.
15. Riders must carry their own fluids, nutrition and money to buy extra.
16. Riders must wear appropriate clothing and footwear for weather conditions. Bright coloured clothing is recommended.
17. Riders must call out when approaching horses.
18. Riders must inform the Leader if they decide to leave the group.
19. Riders should not use aero / tri bars while riding in the group.
20. Riders must be familiar with and follow the Highway Code.
21. Riders must comply with the Road Traffic Act.
22. Riders must ride smoothly and consistently, be aware of others around them and not brake without warning.
23. Riders should be aware that their actions impact on others in the group.
24. Riders should not let their front wheel overlap the rear wheel of the bike in front.
25. Riders must have Personal Liability insurance.
26. Leader will be familiar with the Risk Assessment and Emergency Action Plan.