Cycling-UK Merseyside

## Code of Conduct for Riders

1. **Introduction**

C-UK believes that group cycling should be an enjoyable and safe activity which requires those taking part to follow a number of simple guidelines.

We have introduced the guidelines within this code of conduct to help promote safe and enjoyable cycling on all of our rides.

Anyone who joins a ride organised by C-UK Merseyside is expected to cycle safely and to adhere to the code of conduct.

Cycling which in any way puts the safety of other riders at risk could lead to a temporary or permanent ban from club rides.

1. **Safe Riding**

On organised rides, the ride leader is the official representative of the club and his/her instructions must be adhered to. The ride leader will endeavour to ensure that the ride is conducted in a safe and well organised fashion. However, it is the responsibility of all riders to assist the leader in this duty.

All riders have a responsibility to behave in a manner which will maintain the good reputation of the club and which will ensure that their behaviour doesn’t threaten the safety of others.

In particular, all riders must adhere to the rules of the road set out in the Highway Code. So:

* Riders should ride no more than two abreast except when overtaking.
* The group should ride in single file on busy roads and when it would otherwise be dangerous for vehicles to pass (defer to the leader).
* Ample space should be given, if overtaking another cyclist.
* Everyone should allow for riders behind.
* Ride smoothly.
* Don’t brake, slow down suddenly or change direction without shouting a warning.
* Shout warnings and signal other riders if there is a danger on the road.
* Pass warnings up and down the line.
* Keep your distance from the cyclist in front, especially if riding two abreast when you or your partner may need to cut in.
* Look over your shoulder before starting or changing position and make the manoeuvre only when this will be safe.
* Try not to get ahead of the leader, except perhaps on long hills after which you should stop somewhere safe to regroup.
* Only overtake on the inside of another cyclist in very special circumstances (e.g. when cycling uphill two abreast and the outside partner of a pair has been dropped). Even then, be sure to shout a clear warning.
* If there is following traffic which is unable to overtake, then split into smaller groups of only four or five riders to allow it to pass safely.
* After junctions, each rider should check that there is still another rider following and, if not, they should either wait somewhere safe near the junction or notify the leader.
* When stopping, always try to keep away from traffic and, at junctions, try not to block the sight of motorists already waiting to pull out.
* Riders wishing to leave the group should always notify the leader, so that they aren’t treated as a missing person.
* Make sure that your bike is safe and roadworthy, and be sure to have appropriate lighting at times of the year when you may not get home before dark.
* Don’t forget that everyone simply wants to enjoy their bike ride and that some simple actions on your part can add to others’ enjoyment.

1. **Unsafe Riding**

If another rider isn’t quite as thoughtful or considerate as you would wish, then it may be possible simply to avoid situations in which you feel vulnerable.

If this isn’t possible and you feel that another rider is cycling in a way which threatens your safety or that of other riders, then tell that person how you feel – in a friendly and constructive manner. After all, it’s most unlikely that anyone is deliberately seeking to cause an accident. The other rider may be less experienced than you, may not have been concentrating fully or at worst might possibly be prepared to take risks which whilst acceptable on a solo ride aren’t appropriate to group riding.

If you feel that your requests for safer riding have been ignored by another rider, then you should notify the ride leader who will then take appropriate action.

If your riding style is criticised by another rider, then please don’t take offence but listen carefully to the other person’s comments. The question is not whether you feel safe but whether others around you do.