

FINAL DRAFT

Clitheroe Bike Club: Ride Guide

The Clitheroe Bike Club (CBC) Operating Policy (July 2017) states the following:

CBC aims to ensure high quality, safe rides for all members. In order to support this CBC will work towards the following:

- Trained ride leaders
- Level 2 trained coaches
- DBS checks where appropriate

Standard CBC rides will be listed on the CBC website, however members are encouraged to use the closed facebook page to organise additional rides as appropriate. Ride times will not change without posting the information in advance and making the change to the website.

CBC members are responsible for their own actions and safety whilst out on the road and must follow the Highway Code. CBC expect all members to also take responsibility for other members on rides as appropriate in order to ensure the safety of all members on the ride.

CBC will encourage all members to attend club meetings and other events as appropriate to improve riding skills in order to improve safety on the open road.

CBC will aim to have ride leaders on all standard club rides, though this cannot be guaranteed, and members should be aware of this possibility.

Ride leaders are to act as 'guides' only - they are not responsible for individual actions other than their own. Members should support ride leaders whenever possible in order to ensure group safety.

Over recent years CBC has offered ride leader training and coaching to members and this will continue to be something we develop as appropriate.

However, club rides or rides organised by club members may still operate without a 'trained' ride leader. This document aims to guide and support CBC members in taking part or leading rides when the individual either has no ride leader training or feels under confident leading a ride following training or is just taking part in a ride but not actually 'leading' the ride.

Responsibilities

- It is the view of the CBC committee that where possible rides will be led by a trained ride leader or a rider with significant experience of group riding.
- However **ALL** riders on a ride share responsibility for the safety of all taking part.
- It is accepted that route planning and any rest stops/cafes may be influenced by more experienced riders, but such plans must take into account the wishes and abilities of all taking part.

Group riding

- Club rides are social as well as sporting events; unless otherwise stated club rides are not 'training rides'.
- Participants should set a pace that accommodates the needs of all riders taking part.
- Groups should try to ride together in a reasonably compact formation. This facilitates the social aspect of club rides, is generally safer for all concerned and will enable those riders not at the front of the group to benefit from the shelter of those in front.
- All participants should take responsibility to comply with the Highway Code (2016) rules 59-82 (or subsequent updates).
- Whilst a ride leader will aim to monitor the ride, it is clearly not easy to keep a check on all participants and or 'control' other riders and the ride leader is not 'responsible' for others; they act as a guide only. As such ALL riders have a responsibility to:
 - Ensure the pace is suitable, especially in windy conditions or on hills,
 - Keep an eye out for anyone in difficulty,
 - To alert other members of the ride to stop or slow down when a rider is 'dropped' or suffers a mechanical incident e.g. puncture,
 - Ensure riders navigate the roads and route safely e.g. pointing out obstacles (potholes etc.), junctions and traffic,
 - To carry a mobile phone for use in emergencies.
 - To collectively build up an awareness of the area where you regularly ride in case route changes need to be made (GPS is useful, but sole reliance on this is not sufficient).

Practical examples

Riders at the back of the group to communicate to those in front when a rider is dropped or suffers a mechanical

Riders in the group to check those near them navigate junctions etc. to ensure no one is left behind

Point out e.g. potholes by verbal or hand signals so that those following can avoid

To ride in a steady and controlled way - no erratic or sudden movements or braking

To communicate clearly when slowing down e.g. when approaching a junction

Responsibilities of Ride Leader

- Plan the route and publish in advance on closed facebook group stating
 - Expected pace e.g. by group type e.g. B ride or by average speed.

- Length of ride
- Total height climbed (if known or indication - likely to be hilly/ generally flat etc)
- Café Stop, if relevant.
- At meeting point, note how many riders wish to take part. Give an outline of the route and ask if anyone wishes to take note of ride leaders' mobile number
- Split the ride into smaller groups if there are more than 12 (approximately - ride leader to make an informed judgement based on known skill level of riders taking part, route etc.) taking part, making sure there is a designated ride leader for any second group if required.
- Keep a check of the total number of riders at regular intervals during the ride, to make sure no one has been delayed or taken a wrong turn.

Responsibilities of all riders joining club rides

- To have third party indemnity insurance
- Ensure that own bike is mechanically sound and are carrying basic tools and spare tubes and adequate food/drink.
- Listen to the instructions from the ride leader regarding any meeting points along the route to allow slower riders to catch up.
- When riding towards the front be aware who is the leading rider and when towards the rear, who is the last rider in the group.
- When the route takes a turning, ensure the rider immediately behind has seen where the riders ahead have gone, to avoid him or her taking a wrong turning.
- To make other riders aware in the event of a mechanical in the group and or a rider is dropped.
- CBC recommend all riders wear a hard shell helmet