

## Club Ride Policy

These procedures cover formal Club Rides only. Other social rides organised by members are not official club rides. Members organising and attending social rides do so at their own risk and may not hold the club responsible for any aspect of these activities.

Club rides will be held at times advertised in advance by the club via the website and club Facebook group(s). Rides will be based on one or more pace groups, depending on group size and ride type. Each ride group will have a nominated ride leader.

**Road Cycling can be dangerous and riding is at one's own risk. Born2Tri recommends members have individual BTF insurance so they have personal cover for their participation in training activities.**

### Arrival

The group will leave the nominated start venue on time. Start time is departure time, if you're late, you miss it!

The ride leader will decide the route plan / distance in advance and should publish this when advertising the ride. The route chosen will be selected from routes available to view on the web site including their risk assessments.

Riders must inform the ride leader of any injuries or issues that could affect their ability to complete the planned session.

### Weather

The ride will go ahead in reasonable weather conditions, if there are any weather warnings, or icy conditions the ride should be cancelled and members will be notified as soon as reasonably possible. The ride leader has the last say on if a club ride is cancelled.

### Kit

Bikes must be in a road worthy condition (Tyres, breaks, no bare bar ends). Aero bars must not be used during group rides (However they don't need to be removed from the bike)

A helmet must be worn at all times. No Helmet, No Ride. All riders must wear appropriate clothing for the expected weather conditions.

Lights are advisable and headphones and music devices must not be used.

Riders must be self-sufficient. (It is recommended cyclists carry 2 spare tubes, tyre levers, pump/gas and know how to use them). Riders should carry nutrition and drinks if required, none will be provided by the club.

Riders are advised to carry a mobile phone and to swap numbers with fellow riders in case of emergency. The ride leader will carry a mobile phone in case of emergency

### Cycle Etiquette

Riders are expected to follow the Highway Code and be courteous to other road users, at all times, and not bring the Club into disrepute.

Depending on the road the group may need to ride in single or double file.

Group riding is a skill and each athlete must decide how close they wish to ride to others. Riders should be aware of the hand signals that are used during group rides. Example of which can be found here....

<http://www.nomeatathlete.com/cycling-rules-of-the-road/>

In case of mechanical issue, injury or emergency the ride leader will assess the situation and modify the route or call for assistance, as required.

Ideally the group should remain together. If it is necessary for the group to separate it should be in groups of 2+ riders. A member of each group, with access to a mobile phone, must be identified as responsible for informing ride leader that the group has returned safely to the agreed ride finish point.

Where it is indicated a 'club ride' is being led by a nominated person this ride will be planned and risk assessed. This would mean that the route creator and risk assessor will have ridden the route previously and the risk assessment is available on the website for club member viewing. This does not mean a formal risk assessment. When the club advertises a club bike ride it will state 'This is a Club Ride' which route and remind riders of the club ride information. Information relating to the route such as a description of route, mileage and route difficulty is available on the website.

A club ride is any ride that is advertised by the club for club members. For instance on the club website it states; There is an organised club run that departs from Rayne Station at 9am every Sunday morning. This can also state route number and remind riders of club expectations on a ride as above. This will also state who is leading the ride.

Unless stated otherwise at the beginning of the ride it should be taken that if a coach is on the ride, they are riding as a member rider and not in any capacity to coach or lead the ride. Should that coach coincidentally be leading the ride by way of set route or GPS they are doing so as a member and not in a coaching capacity. Born2Tri do not offer open road ride coaching. By way of separate arrangement rides may be taken at off road locations such as 'Hadleigh Park'. This will be communicated to the club in the normal manor.

Any coach on a club ride will not carry out member checks and it is the responsibility of the member to obey by the expectations of the club detailed on the website.

## **FAQ's**

### ***Q1 - Does a couple of Club members going out in Club kit for a mid week ride / run (training or social) constitute a Club ride / run?***

No - This is two people that have arranged to meet up to go for a social ride. However, the riders concerned should remember they are wearing club kit and are therefore representing the club and should behaviour in accordance with the club's rules/information.

**Q2 - If a member posts on Club media that they are riding / riding (training or social) on a Saturday and invites other Club members, is that a Club Ride / run?** No this is the same as the social midweek ride. Again they would need to abide by the club rules around behaviour. A Club Ride is only a formal club ride when it is advertised on the club website as a regular event at a certain day/time.

**Q3 - If a ride leader knows the roads well and has sufficient knowledge can they lead a ride without a re-set route?**

On a social ride as defined above (Q1) this is no problem as it is your ride and the riders are responsible for their own actions.

If the ride is an official club ride this is also acceptable as long as at the start the ride leader states they have a route in mind, informs the riders of expectations and that if he alters the route he will pull over and explain any changes. This is a dynamic risk assessment based on his experience and knowledge of the local area.

*D Barber  
Club Chairman  
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