



## Club run guidance



- Follow, this guidance will ensure all members are able to enjoy the club run and ensure its future for many years to come, failure to follow this guidance or the highway code could result in you being asked to leave the ride
- Ride safe, always Follow the rules of the road and ride leader guidance
- Support each other, In the ethos of the club we all look out for each other
- Respect each other, The general public and the great outdoors, when joining a club run you are representing Reading Cycling Club
- Responsible, bring the right bike, the right equipment & Clothing and choose the right ride, you are responsible for your health & safety at all times, as a minimum 2 spare tubes, a pump and multi tool are advised
- Ride sensible, don't ride more than 2 a breast, switch to single file if needed, especially on single file roads or blind bends
- Passing a horse, call out your presence, leave a 1.5m gap and pass dead slow
- Stay together, ride as a group and re-group at the top of hills
- Call it out, call or point any obstacles out, your club mates will appreciate it
- Pass it on, ensure any messages are passed down the peloton and make it to the leader
- Look behind, are your club mates still there? If necessary, always stop and re-group in a safe place off the road this includes mechanicals
- Dropping off? Let your ride leader know, it saves a search party!
- Mechanical? Feeling unwell? One off the back? Please ensure the ride leader is notified immediately – they will do what they can to support
- ICE (in case of emergency) please ensure emergency contact details/ID is always carried – Use the ICE app on your mobile phone
- Aero bars? While they may be permanent, please do not use on club runs
- Wet? Muddy? Mudguards come strongly advised
- Dark? Poor visibility? Ride safe – lights are mandatory in these conditions
- Daytime lights? Point them down and use a group friendly mode, your club mates will appreciate it
- Lid, Helmets are strongly advised and mandatory for all junior riders
- Insurance? Public liability insurance is advised (British cycling can provide this) our ride leader insurance does not cover participants
- Junior (under 18) Please email the club run secretary before riding with RCC
- Any concerns? Please message the Club run Secretary or Welfare officer – details on contact's page.



# Ride leader guidance



- Ride leaders must be registered with the club run Secretary to be covered by the club's ride leader insurance policy provided by Cycling UK – All rides should be advertised via email/social media
- Remember, as well as the official representative you are the volunteer who has stepped up to lead the ride, without you the ride would not happen!
- Riders, all riders should follow the Highway Code and club run guidance as well as your specific guidance at all times, if they are not, please remind them, failure to follow instructions could result in you asking them to leave the ride
- Guests – welcome any guests and check they are equipped for the ride; guests may only join for 3 rides before the need to join the club
- Juniors (under 18) – Are welcome on our rides however must contact the club run secretary and provide a consent form before, if this has not happened, they cannot join the ride
- Metrics, you set the distance and speed, let everyone know these before the ride
- Off the front, if someone decides to drop you it's their choice, don't feel you have to chase them down
- Safety, plan a route, keep it as safe as possible and publish a GPX if you have one, In the spirit of the club all riders should support with the duty of care to ensure club runs are as safe as possible
- Register, all ride leaders are required to send rider details to the points secretary after the ride
- Contact, always carry a phone, if you don't have one check a fellow rider does
- Incident? Please ensure any incidents are reported to the Chair, Secretary or Club run secretary within 24 hours, for serious incidents a call is best. An incident report form can be provided by the club run secretary; any information recorded on a mobile phone at the scene can be transferred to the incident report form.
- Most of all, have fun! Club runs are all about having a good time and riding with your mates, enjoy the countryside and the café stops
- Take pictures, post a report, everyone loves seeing and hearing what has happened on this week's club run and where you have been, you could be the inspiration for next week's ride

## RCC Sunday steady to the No car cafe



## Group Communications

<b>Term/Gesture</b>	<b>Meaning</b>
Car up	Car approaching from behind
Car Down	Car approaching from the front
Ease up	Slow down
Stopping	Group is about to stop
Push on	Upping the pace slightly
Off the back	Someone has been dropped – Slow down
All up	Group is back together
On the left/Right	Rider/Obstacle on the left/Right
Mechanical/Puncture	Mechanical issue – Stop in a safe location
Horse	Call out your presence, keep noise low – Pass wide and slow
Deer	Take things very easy – Deer come in packs!
Hole	Large/dangerous pothole
Gravel/Glass/Mud	Debris on road
Single out	Move down to single file
Pointing down (often forming a large circle)	Obstruction in road, avoid!
Hand out to side moving up and down	Slow down
Palm of hand held out behind	Stopping
Hand behind back pointing left or right	Move out to the left or right, pointing one finger means single out also