

RAVENSTHORPE CC CLUB CODE OF CONDUCT AND RIDING RULES

This Code of Conduct is devised for the safety and benefit of the Club and its members. It outlines the minimum standards expected on all Club rides.

Ravensthorpe CC provides a varied programme of rides that include beginner rides, social rides, B group rides and A group rides. Further details of rides are posted on the Club Facebook page and on the Club Website.

As we have multiple groups on the road during our club runs, we want to ensure the safety of our members at all times, whilst also showing consideration to other road users. We have therefore developed this code of conduct that we expect all our members to abide by when riding as part of the club or taking part in club events or trips.

CLUB CODE OF CONDUCT

The primary purpose of the Club is to ensure that cycling for members is in an enjoyable, safe and sociable environment.

When wearing club kit or other items bearing the name of the Club, members are an ambassador or representative of the Club; as such your behaviour should be appropriate and considerate to anyone you come into contact with.

GUIDING PRINCIPLES

As a member of Ravensthorpe CC, all members must note that, when attending rides led by the Club, this is done so at their own risk and they are responsible for their own safety in every situation, and for ensuring that their bike is roadworthy and that they choose a level of ride within their capability.

Club rides and events are for the enjoyment of all those participating, and as such, members should:

1. behave in a manner that represents Ravensthorpe CC in good light;
2. act for your own safety and wellbeing;
3. respect fellow club members.

Club Riding Rules

1. Enjoy your cycling at all times.
2. Wear your club jersey with pride.
3. Helmets are compulsory.
4. Riders need to make the ride leader aware of any medical condition/illness prior to the ride starting.
5. Good front and rear lights are compulsory for evening rides.
6. All riders should carry a pump/sufficient tools/spare tubes etc. to ensure they can continue riding in the event of a mechanical failure.
7. Thursday evening Club rides will normally end back at the Community Centre.
8. Ride no more than two abreast unless overtaking, and single out when appropriate to let traffic past.
9. Keep together in one group unless agreed otherwise at the start of the ride or when leaving a coffee stop.
10. The group should always wait for the last rider, unless the rider has requested to be left. If you do leave a group ride on your own for whatever reason, please ensure that riders

in the group you have left are made aware that you have returned home safely (quick note on the Facebook page works well).

11. Make sure you use hand signals for notifying other riders of road hazards, such as potholes, parked cars etc.
12. Do not blast off the front of the group unless you have been given permission by other group members, respect the ride leader.
13. Regroup as quickly as possible at the top of hills, or if you feel inclined and are a strong enough rider, go back down the hill and provide a bit of support to those that are not as quick.
14. If you are struggling to keep up, then shout up! The group needs to know, so the pace can be slowed.
15. Stronger riders should show consideration to weaker riders.
16. If you are approaching a junction and are unsure which way to go, wait to ensure that all group members are present before making the turn (this shouldn't be an issue if everyone is riding in a group).
17. Do not clear your nasal air passages until the coast is clear behind you.
18. We are a road cycling club, which means we ride on the roads and not on pavements.
19. Adhere to the Highway Code and show respect for other road users at all times.

Eligibility to Ride

New members may attend a maximum of three rides prior to joining the club; this should be sufficient for them to decide if we are the right club for them. Thereafter, membership should be completed prior to attending any further rides. Membership forms are available on a Thursday evening at the Club House or can be sent electronically.

Ex members are already familiar with the club and membership is required before attending any rides.

DEALING WITH ACCIDENTS AND INJURIES

Any member who is involved in any incident while on a club ride should complete an incident report form, the accident book is at the club house and can be completed on a Thursday night.

Please refrain from posting anything on social media accounts as this may prejudice any pending prosecution or insurance claim.

The Club has some members who are trained in First Aid.

Prior to the ride setting off the ride leader should conduct an appropriate ride briefing and ensure that members know what action to take in the event of an accident. The ride leader and any members of the ride group will do all they can to assist anyone who has suffered an injury.

Whenever possible a ride leader will carry a list of next of kin details for club members, however Ravensthorpe CC recommends that all riders carry such information in an easily recognisable form and that members ensure that the information held by the club is up to date.

Social media policy

Members should be respectful of each other while using the club social media accounts and not engage in any comments which may be capable of causing offence to individuals or damage to the reputation of the club.

Any person found to be in breach of this policy will be removed and blocked from RCC social media accounts.

DEALING WITH MECHANICAL ISSUES

Bikes must be kept in a roadworthy condition. Members are expected to know how to repair a puncture at the roadside and not expect other members to do this for them. Members should carry at the very least the following:

1. Pump or other way of inflating tyres:
2. spare inner tubes;
3. tyre levers
4. tools appropriate to your bike ie allen keys, spanners

Please also make yourself familiar with the British Cycling Code of Conduct

OTHER HELPFUL GUIDANCE

Dress appropriately for the weather.

Carry a waterproof on all but the best of days;

Although café stops are generally included on club rides, carry drinks and food as appropriate for the length of ride you are undertaking;

As a matter of courtesy to other riders, mudguards should be used during the winter months when riding in wet conditions.

If you are not confident on finishing a ride, or you have a mechanical issue, let the ride leader know as soon as possible; they can only assist if they are aware of your problem. They will do all they can to assist you and support you.

SAFEGUARDING

For information on safeguarding, please refer to the policy of Cycling UK, which we adhere to. Please follow the link below to the safeguarding guide and code of conduct

<https://www.cyclinguk.org>

Under 18's may be members with parental consent, but may only participate with club rides if a parent, guardian or other responsible adult is also taking part and being responsible for them.

Reviewed: 20/08/2018

Date of next Review: 20/08/2020