

EDEN VALLEY Cycling UK – CODE OF CONDUCT

1. These notes should help the group to enjoy safe and harmonious riding together. Leaders have far more detailed notes to digest, but by knowing what is expected of leaders, we can all give them the support they deserve.
2. Before setting off, the leader (he or she) should outline the main features of the day's ride, note details of new riders and introduce them to others in the group. This will be the end of the formalities.
3. When riding with the Club, we all have a responsibility to create a good image of the Club and of cycling itself. This means acting in line with the provisions and spirit of the Highway Code, and acknowledging other courteous road users.
4. Your bicycle should be in good running order, and suitably equipped; Cycling UK does not permit use of tribars for group riding. You should carry some food and drink, basic first aid, a map of the area, wet weather clothing, *spare inner tube* and simple tools for running repairs. In winter, lights should also be carried. Your companions may lend you tools if you are short, but you should not be relying on them. You should also carry a map of the area on club runs.
5. The leader sets the pace, adjusting it to the needs of the group; you should let him/her lead. If you do pass him/her on a hill, pause and let the leader come past again afterwards, and always expect the club to pause to regroup at a suitable point, or when riders have become spread out. If you get in front of the leader always wait at the next junction or side turning, however minor. The leader will be constantly counting, and accounting for everyone in the group - never leave it without letting him/her know.
6. Switch to single file (outer rider of each pair dropping back) at the leader's shout of "Single out" , if limited road width demands it or to let a motorist overtake. We use "Car back" and "Car front" to signal the presence of a vehicle rather than the traditional "Car up" and "Car down", because these shouts should refer to direction and not gradient. Other shouted information includes "Stopping" (said in good time), "Easy" (slowing), "All up" (regrouping completed), "On the left" and "On the right" (indicating parked cars, etc.). Do not ride too close.
7. Be ready to be held up by livestock – it is their road as well as ours! But it may be necessary to leave the road *momentarily* on meeting nervous herded cattle. A calm verbal warning is useful to equestrians - horses take fright at bell ringing.
8. We do not need to provide pages of instructions to newcomers. You will soon see how experienced riders act in different circumstances, and be able to judge whose examples to follow.