

WVTRI SOCIAL RIDE: GUIDANCE/RULES



- The social rides are not a coached session, and do not carry any club insurance. Riders may wish to take out their own personal insurance for protection in the event of an accident
- Riders must ensure their road bikes are in good order and in a road-worthy condition (perform 'M' check before ride). MTBs are discouraged as they are generally heavy and you will find it hard to keep pace with those on road bikes
- Please bring your medication with you and inform the Ride Leader of any illnesses/injuries etc
- No tri bars are to be used during group riding
- You must wear a helmet at all times on the ride
- Always be courteous to other road users, allowing plenty of space for horses, pedestrians, runners etc
- No headphones allowed
- Please bring a mobile phone
- Ensure you carry sufficient spares to mend a puncture or make necessary bike adjustments (CO2 gas, inner tubes, tyre levers, puncture repair kit etc). We may have other riders who can assist, but you should be able to at least change an inner tube if necessary
- If appropriate, ensure you have sufficient lighting on your bike for the weather/lighting conditions. We recommend a good quality rear light at all times
- Bring sufficient drinks and nutrition for the duration of the ride
- NEVER drop litter
- Wear appropriate clothing taking into account potential changing weather conditions. Wear highly visible/reflective clothing on winter rides. It is also advisable to wear eye protection (glasses)
- You are responsible for knowing the route
- If the ride specifies a minimum average speed requirement, please be realistic about your abilities. That said, if you pick a group that's too fast, you won't be left behind. Equally, if you pick a group that is too slow, please do not ride off trying to push the pace. These are social rides and not training rides!
- Please arrive promptly or inform the Lead Rider if you are going to be late or unable to attend or cancel on the booking system
- Ensure the lead rider has your emergency contact details
- Always adhere to the Highway Code at all times. NEVER run a red light. Use common sense
- Be responsible for your own safety and those around you. DO NOT half wheel
- Check behind and around you before changing your position on the road. Be aware of others around you
- Do not ride more than two abreast, and keep to single file on narrow roads or where the Lead Rider deems necessary. Try your best to stay in a tight group
- Use appropriate cycling verbal/ hand signals to warn other cyclists of dangers ahead
- If you are accidentally dropped, or decide to leave the group and take a different route please be courteous and contact the Lead Rider as soon as possible so they know you are safe
- Should the ride need to be cancelled for any reason, the Lead Rider will post a message on the club's closed Social Facebook page by 8:00am on the morning of the ride, ie. due to fog, ice or snow etc
- The lead rider has the final say on the ride and may ask you to leave the group if you do not adhere to these rules and guidance notes
- We always include a coffee and cake stop at the end! Please bring some cash for refreshments, parking (if specified) and emergencies

Although there may appear to be a lot of rules here, they are for your safety and all generally follow common sense and day to day good riding practice which you no doubt adhere to now anyway.

(Updated December 2019)