

Guidelines for riders

Covid Restrictions

- Group sizes must not exceed 6 riders.

Preparation and before the ride

- Riders must carry sufficient food/drink for the duration of the ride.
- Riders must familiarise themselves with the distance and severity of the ride
 - See ride routes on website and details in advance of the ride.
- Ensure your bike is maintained and fit for purpose.
- Always wear a helmet.
- Fit mudguards in wet conditions.
- Carry an ICE number within your phone or on your person.
- Bikes must be legal and roadworthy.
- Carry your own spares/tools and mobile phone. Be self-sufficient.
- Dress appropriately to the conditions.
- Use rear lights in low light conditions. Set them to non-flashing mode when riding in a group.
- New members/guest riders to make themselves known to the rest of the group at the start.

Safe riding

- Follow the highway code at all times.
- Pay close attention to the road surface and immediate environment at all times. Concentrate at all times and anticipate changing road conditions.
- Ride smoothly and consistently. Be aware of those around you and do not brake without warning.
- When negotiating unforeseen road conditions (e.g. potholes) be aware that your actions have an impact on others.
- Ride slightly to one side of the wheel in front with a sufficient safe gap. Do not let your front wheel overlap that of the rear wheel in front.
- Only ride at a speed at which you are competent and confident, especially on descents.
- Communicate hazards to the rest of the group.

Other road users

- Warn pedestrians when approaching from behind and slow down when passing.
- Warn horse riders when approaching from behind and slow down. Pass horses wide and slow.

Looking out for each other

- Inform the rest of the group if you notice someone in the group who is fatigued or unwell.
- Find a safe place to stop in case of puncture/mechanical.