



CTC LOTHIAN AND BORDERS MEMBERS GROUP SAFE RIDING GUIDELINES

Safe cycling in a group

Group cycling is safe provided that simple safety rules are followed. Please take time to familiarise yourself with the guidelines which follow, and ensure that you comply with them when taking part in club runs. Group awareness and communication are the key elements to group safety. Experienced group riders are encouraged to give friendly advice on the spot to others who are not following the guidelines, in order to maintain group discipline and to progress in a safe fashion.

Non members are welcome on the runs, and if you enjoy it enough to be a regular rider, we expect you to join the Cyclists' Touring Club. There are many advantages in joining the CTC, insurance cover, legal protection, the magazine etc. See the website <http://www.ctc.org.uk/> for all these details.

WHAT YOU NEED ON A RIDE.

A cycle in good working order, with mudguards and an effective rear mud flap.

Tool kit, puncture repair kit, spare inner tube.

Front and rear lights on winter and evening rides and on dull days.

Clothing that will be suitable for the prevailing conditions, e.g. high visibility and adequate to keep you warm and dry.

Adequate food and drink for the day's ride. Sufficient money for cups of tea, snacks.

Carry an emergency contact number on your person either on your mobile or in your jacket pocket.

HOW OUR GROUPS RIDE

- If you are new to the group introduce yourself to the leader, and tell them of any special needs or issues.
- The run leader will give the group an indication of the proposed route at the start of the ride and after lunch.
- Any sub group proposing a different route at any point in the day should advise the run leader and the group of its plans.
- Follow the [Highway Code](#), showing consideration for all road users.
- In order to facilitate overtaking traffic, ride in small groups of no more than 6 or 8 : keep 50 metres distance between groups.
- Always keep well to the left of the road, but inside rider should be 2 to 3 feet from the kerb or verge.
- The group normally rides two abreast, each rider keeping directly behind the rider in front.
- When necessary, single out, e.g. on a narrow or busy road, when vehicles approach or opposite a continuous white centre line.
- To single out inside cyclist moves forward and outside cyclist drops back.
- Single out when going up or down a steep hill, in order to allow overtaking by faster cyclists.
- Never overtake to the left of the cyclist in front.
- Do not bunch up when stopping at junctions or block the sight-lines of other road users.
- Ride smoothly and do not to slow or stop suddenly without warning. Be aware that the cyclist in front can make an unexpected move.
- Shout and signal warnings of danger or change, e.g. uneven or loose surfaces, vehicles approaching or left and right turns.
- Always check behind before starting off or changing direction. When turning, signal early and clearly.
- The group will regroup at appropriate points to allow slower riders to catch up.
- If you are unable to keep up (due to mechanical or other problem) or wish to leave the group, let others know.
- Pass a message forward if a gap develops behind you, or if a rider drops behind, e.g. with a puncture or mechanical problem.
- Please take your turn at the front when there is a strong headwind, if you are able to do so.

