

## **Gravesend CTC Group Rides – Notes for all Riders & Code of Conduct**

CYCLING IN A GROUP SHOULD BE AN ENJOYABLE AND SAFE PASTIME.

As a club we need to take responsibility for our own safety, and we have a duty of care to our fellow cyclists when on a ride together. We also need to take into account the needs of all other road users, whether that be motorists, pedestrians, horse riders or other cyclists.

By being aware of who is in front, behind, or near you at all times when riding as a group will help to ensure the safety of you and your companions.

We have a few simple ‘shouts’ to make everyone near us in the group aware of any hazards or obstacles.

- OIL UP – A motor vehicle approaching from behind, and we may need to go in single file.
- OIL DOWN – And a vehicle coming towards us.
- EASY or NOT ALL UP – The group is split and the front riders need to slow down.
- INSIDE/MIDDLE/OUTSIDE – Obstacles or damage to the road surface.
- ON THE LEFT – Usually to indicate a parked car or pedestrian on the left.
- STOPPING – Just that 😊

Guidance to a happy & safe ride.

- If you need to stop for any reason please give clear indication of your intentions.
- For general riding, please show consideration to the ride leader by not overtaking him or her.
- In a larger group (8+) there will normally be a backmarker. Please keep them informed if you need to stop for any reason.
- Please keep your fellow cyclists informed of any hazards or obstacles, and pass down the group any information so all are aware of hazards for their own safety.
- A constant pace to suit the slower members of the group always works better than some zooming ahead, and then constant regrouping at junctions, etc.
- Respect other road users. Riding 2 a breast, although permitted in the Highway Code may not always be safe to do so. Single file may be appropriate conduct at times.

Any of the committee members will be happy to explain any points that are not clear in our guidelines, or if you have any other queries you would like to discuss.

Happy group cycling, and lets all be safe out there.

Gravesend CTC Committee