



Cycling Code of Conduct

Introduction

This code of conduct has been devised for the safety and benefit of the ATW and its members. It outlines the minimum standards expected on all rides. Some rides may have additional rules or codes of conduct. If in doubt, consult your ride leader.

It is expected that riders participating in club runs join the group appropriate to their ability. This means that riders who are too fast for the group do not split it. A leader should also only lead groups within their ability.

Each group should remain within an appropriate size to prevent obstructing the road and enabling other road users to go about their business. The suggested maximum number for each group is 12 riders.

Ride Guidelines

Club rides are not races and members are expected to treat them appropriately.

When riding as a club we must:

- Behave in a manner that represents cycling and ATW in a good light.
- Act for our own safety and well-being.
- Respect our fellow club members.
- Riders are responsible for their own health and safety at all times.
- Respect the Rules of the Road.
- New riders and those changing group should inform the leader of their abilities and presence so he or she is aware.
- Riders stepping down a group should respect the speed of that group and not try to push the group faster deliberately causing fragmentation of the group.

Ride Discipline

- Riders should select a group commensurate with their riding ability
- Riders should ride no more than two abreast unless overtaking.
- Be aware of riders behind you. Try to ride smoothly and do not brake without warning if it can be avoided.
- Shout warnings and signal to other riders if there is a danger in the road, see Group Communication
- Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles.
- Should the group be split, riders should slow down or find a safe place to stop and re-group before proceeding.
- The group should always stop and assist any of its riders suffering from mechanical or physical problems.
- The group should always wait for the last rider, unless the rider has requested to be left, or an agreement made with everyone's consent, that the group will not wait for dropped riders.
- No rider should leave the group without first notifying the ride leader.
- The key to a successful club run is good communication. Each rider has the responsibility to inform others (preferably the ride leader) what their intentions are.

Equipment

To ensure that mechanical problems are minimised, riders must keep their bikes in a roadworthy condition. All riders should carry sufficient and appropriate equipment to enable them to complete the ride in a satisfactory manner without putting a burden on fellow riders.

Recommended equipment is as follows:

1. Appropriate clothing for the weather
2. Some ride groups enforce mudguard use during the winter months of October to March and in wet weather. Check with the ride leader for clarification.
3. Appropriate tyres to minimise risk of punctures
4. Sufficient food
5. Sufficient water
6. Pump or other means of inflating tyres
7. Spare inner tubes
8. Puncture repair kit
9. Two tyre levers
10. Allen keys or multi head spanner as appropriate to your cycle
11. Phone
12. Sufficient money

Equipment that is not recommended includes:

1. Inappropriate cycles for the ride or weather
2. Aero bars, please do not use them whilst riding in the group

If you are not confident of finishing the ride, or your bike has a mechanical problem, let other riders know as soon as possible. The ride leader and the group will do all they can to assist you, but they can only do so if they are aware of your problem. The group will be supportive.

Emergency and accident responsibilities

The club does not provide first aid cover or medical support for riders on club runs. In the event of an accident, the Ride Leader and the group will do all they can to assist any rider who has suffered injury or medical emergency.

Riders who have pre-existing medical conditions that require special treatment must take precautions to ensure that information about their condition can be easily found by the emergency services or other medical professionals in the event of an accident or the onset of a medical episode.

If a rider has a condition that might manifest itself during a club run then they must inform another rider or the Ride Leader. The rider will need to make that judgement and be responsible for themselves.

Ride leader guidelines

The Ride Leader is an official representative of the club and his or her instructions should be followed. The Ride Leader must be a club member and will endeavour to ensure that the ride is conducted in a safe and well-organised fashion. All riders must assist the leader in this duty.

The Ride Leader has a duty to:

- Him or herself.
- The Club.
- The other riders.

Written risk assessments are not required but simple control measures to minimise risk should be thought about. Remember we all have a statutory 'duty of care' to people around us.

The types of measures that the Ride Leaders should take could be as follows:

1. Know the names of the people on the ride.

2. Not leave anyone behind unless previously agreed.
3. Provide support where necessary.
4. Use appropriate roads to the conditions and ability of the riders.
5. Not turn right across busy main roads.

Dealing with Accidents Injuries and Emergencies

The club does not provide first aid cover or medical support for riders on club runs. In the event of an accident, the Ride Leader and the group will do all they can to assist any rider who has suffered injury.

Riders who have pre-existing medical conditions that require special treatment must take precautions to ensure that information about their condition can be easily found by the emergency services or other medical professionals in the aftermath of an accident or the onset of the medical condition. One way of doing this is to wear a MedicAlert bracelet or pendant. These are pieces of jewellery containing a telephone number which any doctor can ring to find out about your medical conditions. To find out more, contact your GP, or contact;

MedicAlert at 1 Bridge Wharf, 156 Caledonian Road, London N1
9UU

Tel: 020 7833 3034

Freephone: 0800 581 420 <http://www.medicalert.org.uk>.

However it might be useful to inform another rider or the Ride Leader if you have a condition that might need medical support. The rider will need to make that judgement.

If an emergency should occur the following procedure could be followed:

1. Make yourself safe.
2. Make the group safe.
3. Assess the situation, including the injured party.
4. Make the injured party safe.
5. Call for assistance. Unless the injury is well within the competence of a club member then the emergency number 999 or 112 from a mobile phone.
6. Post people up and down the road to alert traffic and look out for the ambulance.
7. Support injured rider, TLC, recovery position if appropriate.
8. Alert family members if appropriate.
9. As soon as you can write down details as you will forget.
10. Ask for assistance from the group as soon as possible, there may be someone with first aid experience. If not get someone to flag down passers-by.

Please note that ambulances and their support crew often use sat navs to find areas. When ringing the emergency services it would be useful to have a post code or road name and landmark such as a pub.

Child Protection Policy

Riders under 18 (under 16 in cases where the junior has no parent or guardian) should be accompanied by their parent/ guardian or an approved coach/ support rider. In cases where they are not they should have parental consent.

As a general rule the Ride Leader should make themselves known to the junior rider and provide support where necessary. It is especially important to understand whether the junior rider is able to keep up. The junior riders should not leave the ride unless the adults present are certain that they have a safe way home.