

COVENTRY CTC

NEW RIDER WELCOME SHEET

WHO WE ARE

We are a local group of the national cycling group, Cycling UK. We are a cycling club for anyone in the Coventry area who wants to enjoy relaxed and companionable cycling exploring the beautiful countryside of Warwickshire, West Midlands and the surrounding counties. We have a range of rides to suit you – whether you are an experienced cyclist, someone returning to cycling or a beginner. If you're bored cycling on your own, or on the same old route, come and try us. We know all the best country lanes to avoid traffic, and the best tea shops!

If you are new to cycling we will support and encourage you to enjoy and grow your skills and capability. We try to be as inclusive as possible so contact us if you have any concerns.

NEW RIDER GUIDELINES

People joining Coventry CTC club rides do so on the understanding that they should:

- abide by the guidelines described in this document
- act responsibly and adhere to the rules of the road and countryside
- accept that the role of the leader is solely to indicate the route and it is their own responsibility to:
 - ensure that all manoeuvres are carried out safely
 - determine they are fit and healthy enough to participate
 - maintain their cycle in a safe, legal and rideable condition
- also accept that Coventry CTC, the leader or other riders cannot be held responsible for any personal injury, accident, loss, damage or public liability during the ride.

Club runs are led by registered leaders. Any ride that does not have at least one registered leader, at the start or during, becomes an informal ride from that point on. The leader is the official representative of the club and his or her instructions should be obeyed. The ride will be led back to the environs of the starting point. Individual riders disperse at their convenience and the main leader may be substituted if it is inconvenient for him or her to return to this point.

Riders must be considerate to all other road users and remain aware of the road traffic situation at all times. They should be aware that large groups of riders may present a frustrating barrier to motorists and should ride considerably enabling road traffic to pass with minimal delay.

REGISTRATION , FOLLOWUP AND FEEDBACK

You will be asked to Register name and Cycling UK membership status (or not) with the designated Ride Leader in order to participate in a Club Ride

We are anxious to ensure that our rides offering are attractive to New Riders and that we meet your expectations. We would appreciate it if you could leave some contact details for you so that we can followup on your ride to gather your thoughts.

Additionally we have a '**New Rider Experience Feedback**' option on our Website which is available for you to directly give us your impressions on the ride, your experiences, or anything else you might like to tell us about.

<http://live.coventryctc.org.uk/new-rider-experience-feedback>

COVENTRY CTC

NEW RIDER WELCOME SHEET

CONDUCT ON THE ROAD

1. Conforming to all traffic regulations is a condition of participation in Coventry CTC rides.
2. Know the Highway Code, in particular the aspects relating to cycling
3. All riders (as practicable) should signal an intention to turn right or left and not leave it to just the leader and/or back marker.
4. Look over your shoulder before starting, stopping or changing position to ensure it is safe to do so.
5. If you need to stop for any reason, call out "stopping" before you slow down. Stop close to the verge.
6. Ride in single file on busy roads and under circumstances where it would otherwise be dangerous for vehicles to pass (defer to the leader's judgement).
7. Never ride more than two abreast, except when passing
8. Keep your distance from the cyclist in front, especially when riding two abreast; you or the person next to you may need to cut in suddenly.
9. Take care on lanes, looking over hedges and listening for approaching traffic. When riding the outside position of the leading pair, hold back on the approach to blind corners: there may be traffic approaching.
10. Take extra care when the call "car front" or "car back" is heard. Change to single file riding when vehicles wish to pass or as advised by the leader or back marker. If there is traffic behind which is unable to overtake, split into smaller groups or pull in to help it pass.
11. For dangerous road surfaces (potholes, gravel etc.) call out as appropriate and point with the left or right hand. For other hazards (for instance, walker, jogger, dog, parked car etc.) call "on the left" or "on the right".
12. When in a group of more than about eight riders split up to allow motorists to pass without undue difficulty or danger. The groups should be about 50m or four car lengths apart so it is quite clear to following motorists that there is a gap into which an overtaking vehicle can draw if another vehicle approaches from ahead.
13. If a vehicle is clearly having difficulty overtaking, for instance down a narrow country lane, pull in at a convenient passing place to allow it to overtake.
14. Use cycle lanes where practical and appropriate.
15. Normally, except where otherwise instructed, do not overtake the leader. It is accepted that riders will use their own preferred pace on long uphill. If you do go ahead, do not pass the next junction as the group may be turning ahead. If you pass the leader and miss the next turn it will be assumed that you have left the ride.
16. Pass the leader's messages down the line so that everyone follows suit.
17. After junctions, each rider, if not last of the group, should check that there is still another rider following, and, if not, either wait at the junction or notify the leader.
18. Members wishing to leave the group should notify the leader to avoid their being treated as 'missing persons'.
19. Cycles must be legal and roadworthy with working front and rear lights at night or in poor visibility. If you fail to comply, the leader may refuse to allow you to join the group.
20. Light or brightly coloured clothing is recommended, with reflective clothing or belts at night. An approved, correctly fitted helmet is also recommended but not mandatory.
21. Members should be courteous to all other road users.
22. You should not rely on other members to have tools. Carry a tool kit adequate to fix common mechanical problems. As a minimum it is suggested you carry spare tube(s), puncture repair kit, pump, tyre levers and allen keys.
23. Always carry your address and a telephone contact number in case of accident. Carrying a mobile phone is useful for emergency use.
24. Mudguards do more than keep you dry, they stop spray from affecting other riders - consider fellow riders.
25. Club runs usually continue regardless of weather. When setting out on a bright, warm, dry day, don't overlook the possible need for lights, warm clothing or waterproofs as it gets later, colder and wetter.
26. Club runs generally stop where refreshment may be bought at appropriate times. However, you are advised to carry water to prevent dehydration and emergency food to remedy or prevent loss of energy on longer rides..
27. If you are a new member of the group and are finding it difficult to keep up, do not wait until you are dropping off the back of the group but tell someone riding with you so that you can be assisted. It is your responsibility to make them aware.