

# Norwich Amateur Bicycle Club Rides

## Guidelines and Expectations

Please respect that the official rides are Club rides and not training rides; they are meant to be social rides travelling at a speed that all are comfortable with.

Be aware that you are representing the Club whilst out in Club Colours and behave accordingly to other road users.

Where possible, proposed destination will be posted on Facebook but the Ride Leader will brief riders before setting off.

Ride leader should ensure all riders are ready as a group when setting off. Riders at front should ensure group is all together before picking up speed.

The group should be a tight formation riding side by side with approximately a bar's width between the bars. Riders should not stray into the middle of the road as this can deter traffic from overtaking or risk being clipped by passing traffic.

Speed should decrease not increase on hills. This prevents riders being dropped and the group being spread out causing other traffic to fill these gaps.

The group should respect other road users by singling out and letting traffic through when safe to do so at the request of ride leader, front / rear riders as appropriate.

The group will always find a safe place to stop for a mechanical issue. Please **Do Not** stand on or in the road, wait in a safe location.

It is essential that riders sitting on the front stay alert and point out potholes and other hazards for the benefit of those behind.

The group will significantly slow down or preferably stop in a safe place off the road if a comfort break is requested.

Any change in direction or other warnings should be repeated up and / or down the group as it can be hard to hear with the wind noise.

The Ride Leader should ensure that all riders are ready to leave café stop as a group.

Please be aware that the ride leaders are responsible for the ride throughout and any request or instruction should be followed.

Many thanks

Club Committee

17 June 2016