



Club Rules

Before setting off:

General

1. No official HDCC club ride shall take place if:
 - The temperature is 2°C or lower and falling and/or if the temperature has been below freezing during the previous night.
 - The temperature is forecast to drop to 2°C or lower during the ride time.
 - The road conditions are clearly unsafe – black ice or similar.
 - Wind speed is 25mph and above.

Ride Leader should:

1. Assess the weather conditions to determine whether it is safe to ride.
2. Check with the riding group that all are fit and well, ask if anyone has any problems/issued.

Each rider should:

1. Ride a road bike with straight or drop handlebars. "Tri-bars" are not allowed on Club rides
2. Inform the ride leader that you are going on the ride, either in advance or at the briefing.
3. Inform the ride leader of any injuries or health issues that may affect you.
4. Inform the ride leader if you need to leave the group before the end of the ride.
5. Ensure you have:
 - a road bike in good working condition.
 - a properly fitted helmet. Wearing a helmet is compulsory on all Club rides.
 - sufficient food and drink for the ride being undertaken, depending on dietary and medical needs.
 - Adequate clothing for the weather conditions, including a waterproof jacket and gloves.
 - Pump or CO2.
 - At least 1 spare inner tube, tyre levers and a multi-tool.
 - Full-length mudguards fitted to both front and rear generally from 1 November to 28 February and during any other time of prolonged wet weather – respect the rider behind you!
6. Suitable front and rear lights are mandatory during the hours of darkness and low light, particularly winter early mornings and evenings.
7. Arrive in good time for the ride briefing.

On the road

1. Respect the ride leaders, fellow riders and other road-users including drivers, other cyclists, horse-riders, runners, dog-walkers and pedestrians.
2. The decision of the ride leader, regarding route, pace and formation, is final.
3. Riders must follow the highway-code at all times, including stopping at red-lights and riding no more than two-abreast. This includes slowing down when passing horses or other slower road users.
4. Riders are responsible for their own safety and others around them – look after your fellow cyclists, be observant.
5. Riders should not accelerate away and leave the group without first informing the ride leader.
6. Do not use headphones or a mobile phone whilst riding. If you need to make or take a call urgently, ask the ride leader to stop.
7. Riders should stay left and not try to pass anywhere with limited sight-lines or bends.
8. Riders should go single file if the ride leader requires it or on narrow lanes where they cannot see the road ahead. To do this, the outside rider (closer to the centre of the road) should go ahead of those on his/her left and pull in, with the inside rider leaving sufficient space.
9. At junctions, each rider is responsible for their own safety. Ride leaders and assistants may direct you but it is still up to you to make sure it is safe to navigate through a junction.
10. Riders should follow the Country code and, where relevant, close gates etc. as they pass through. Any wrappers/gel packs etc. must be kept in pockets until they can be disposed of appropriately in a litter bin.