

### Come prepared

Make sure you and your bike are in good working order, ready for the ride and recommended as a minimum:

- A rear red light
- A drink
- Emergency ride snacks
- Waterproof jacket
- Spare tube (or applicable to tyre set-up)
- Basic bike tools & pump
- Basic first aid kit (plasters, disposable gloves, antiseptic wipe, sterile gauze dressing, scissors, tape (zinc oxide or micropore), sterile water, small crepe bandage, personal painkillers & meds)
- \*Mudguards (winter riding)
- Money (cash/card/digital)
- Mobile phone
- Appropriate kit / shoes / helmet / bike
- Sunshine state of mind



### Pre-Ride info

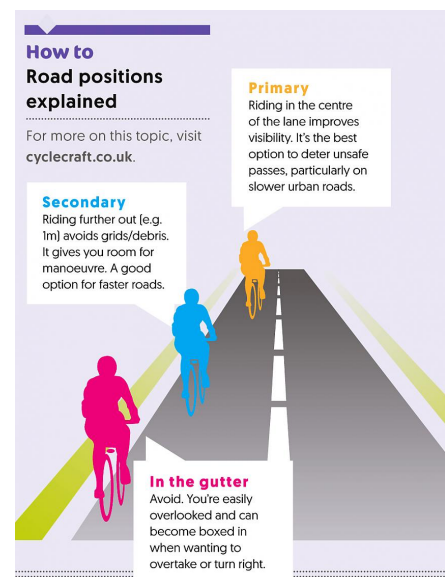
Whether a dedicated club ride, coached session, or members social ride, ride information will be shared beforehand. Make sure you are aware of, if not please ask for clarification for all.

This will include:

- Route (likely to be summarised, not necessarily a GPX available)
- Approx distance
- Approx average speed
- Whether it's a coffee stop ride or continual
- If coached or structured training session ride - details of this

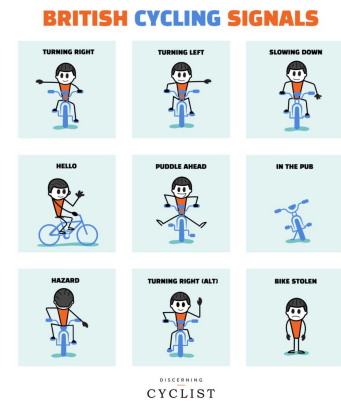
### Group riding Etiquette

- All club social rides are non-drop rides
- Never ride away as a group leaving any solo rider behind. There are times when the group will be further strung out and if during a specific interval session, rider distances will vary, BUT.. Always re-group at the next suitable, safe and available point. Leaving a rider behind is not only not a kind thing to do but in the event of an incident, the group will not be aware
- Always check on your fellow riders
- Remember; in the words of Lilo & Stitch - OHANA - Nobody gets left behind or forgotten
- Stick to the pre-agreed pace / ride plan
- Take turns as designated back markers to keep the group together
- Support riders by positioning mid-pack to benefit from drafting
- Be mindful and spacial aware of bike positioning within the group - give others space & time accordingly
- Hold your line - don't make sudden movements while riding in a group or ride like you've had a few too many Jägerbombs
- *Follow the highway code* - as standard
- Riding two-abreast is better to allow vehicles to pass as gives a shorter passing distance
- If the group is fairly big, consider splitting to allow passing vehicles on busier sections
- Ride single file on narrow roads, around bends and where traffic and environment dictates
- Take primary position where necessary, i.e., there isn't room for vehicles to overtake safely, including around blind bends
- Riding secondary position is *not* riding in the gutter - give yourself room for manoeuvre (a way-out if needed)
- If you need to excavate an inhaled fly or drop a snot rocket, make sure no-one is down-wind of you



## Communication is key!

- Keep it simple, keep it clear
- Lead and back riders to communicate up and down the group using verbal and/or hand signals
- Avoid *go* and *no* (can easily be confused). Use **GO** and **STOP**
- Listen out for comms
- Remember **STOPPING** or **SLOWING** (with corresponding arm signalling) to avoid group collisions. And again, give each other **SPACE**
- 'Car up' - (traffic coming from the front) 'Car back' - (traffic coming from behind)
- Other comms used to point out hazards eg potholes, road furniture, other road users
- Equally make sure you communicate anything that will affect the group - needing to stop for a wee, for clothes removal (not all though..) mechanicals, comms about pacing, leaving the ride early, anything - communicate



## Respect other road users

Be polite and be safe

- Always slow down for horses. - They are unpredictable, they are living creatures. They may be perfectly fine with bikes, but many are not. Bikes cannot be heard approaching from behind so always slow on approach (both directions) and communicate you are there. It may be necessary to stop or to ask the rider how is best to proceed. Be aware of the whole group and every type of bike
- If riding on shared paths look out for pedestrians, dogs and other cyclists
- Thank drivers where appropriate when possible
- Let built-up traffic pass where appropriate, safe and possible



Remember when we are out as a group and in TTC kit we are representing our awesome club.

To get the best out of riding together for social, training, time outside on bikes, cake stops and general bike-life amazingness:

- Set-up and share your rides
- Treat others as you'd want to be treated yourself
- Have fun, smile often, fuel well and ride MORE

See you ride ready!