

Group Rider Checklist

Joining a group ride is more than just a chance to make some new friends – there is no better way to find the best cycle routes, bike shops and cafes in your area. Following an experienced Ride Leader with like-minded souls can enhance your cycling and may lead to further adventures in the great outdoors! The club rides are posted on our website and you are requested to sign up for the rides that you wish to attend. This is to allow the ride leader to plan coffee or lunch stops and is a common courtesy. Please contact the ride leader directly if you have any questions or special requests. If you are not attending please cancel as soon as you know.

What is it like on a group ride?

- You will have an experienced Ride Leader who will have a great route planned so relax and enjoy it.
- Complete the ride registration form so that the leader knows your emergency contacts etc.
- If you are new to Cycle Somerset, let the Ride Leader know – they will keep an eye on you, or assign someone to do so. You will be asked to complete a Guest Registration form.
- Keep in mind the Ride Leader is a volunteer and listen carefully to any instructions. Let them lead!
- He or she should explain any jargon and hand signals they may use to keep control of the group.
- If you fall behind, don't worry – the group should wait for you at the next junction or at the top of a climb.
- Abide by the Highway and Countryside Codes – never ride more than two abreast except when passing. Shout 'Passing!' if you do so.
- Drop into single file on narrow or busy roads, unless it would be unsafe to do so.

- Show courtesy to other road and trail users and be a good ambassador for cycling.
- Be alert to what other riders around you are doing and do not get too close to them.
- Shout 'Slowing!' or 'Stopping!' if necessary – smooth, gentle manoeuvres work best.
- Point out any road defects or other hazards to others by shouting "pothole" or "gravel" or by pointing the obstacle by hand.
- Pass messages between members of the group for stopping or if there is traffic approaching – "car up or car behind" is traffic approaching from behind move into single file; "car or car down" is traffic in front and move into single file if necessary.
- At intersections, if you cannot see the rider in front the ride will have continued on the road; if the ride is turning at a junction and you cannot see a rider behind then wait to signpost where the ride has gone. The group will reform at a suitable stopping point.
- When stopping pull off the road or at least leave the road clear for other traffic.
- If you wish to leave the ride, let the Ride Leader know first.

What should I bring on a group ride?

- Any appropriate bike in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic.
- Carry at least a spare inner tube, pump and tyre levers.
- Dress for the weather and bring a spare layer.
- Bring a drink and energy bar plus a picnic or cash for lunch if out all day.
- Good lights are essential if there is any chance of riding in the dark or poor visibility.