

## **Group Ride Etiquette**

The goal of the group rides is to have fun, enjoy some time out with mates, increase our fitness, but most importantly – to make it home safely.

There will be a mixture of experience and abilities within the group, and it will take some time for us to get used to riding together. To assist with the process, below is a guide of expectations for the group to follow.

Always follow the instructions of the ride captains who will identify themselves at the start of the ride; they have the Bunch safety as the main priority.

### **The do's**

#### **We will always:**

- Ride safely, stay focused and remain in control of our bikes.
- Look after each other – offer support and advice especially to less experienced riders.
- Highlight hazards and route directions using hand signals and calling out – pass the message all the way down/up the line.
- Call “clear” or “car + how far away”, when going through roundabouts or around corners; and “slowing” or “stopping” for lights and intersections.
- Ensure our bikes have working front/rear lights when riding before sunrise.
- Keep a safe buffer between parked cars and gutters or road edges.
- Regroup after hill climbs done at our own pace; stronger riders can return to offer support to assist others up the climb.
- Check the riders behind you are keeping up; if they are struggling call for the pace to ease on the front.
- Keep left, hold a tight line when riding two abreast and be predictable, especially in high traffic areas.
- Move into single file as quickly as possible when called to do so, and remain in a straight single line until it is called to pair up once again
- Take a wide berth when overtaking someone on a descent and call out “bike right”.
- Obey all road rules – always. Stop at amber lights, if safe to do so, or if at pace and it is safer to continue through then call “rolling”.
- Have fun!

### **The don'ts**

#### **We will never:**

- Cross wheels at any time – keep a safe distance behind the rider in front.
- Half wheel – keep your handlebars even with the rider beside you.
- Ride more than two abreast or take up the whole lane – when on narrow roads reduce spacing, or move into single file, to allow cars or other cycle groups through (call “car back” or “bikes back” when the group is being overtaken).

- Cross over the center line in the road, especially when descending.
- Deviate from the designated ride route; if you have a suggested change, discuss with the ride leader before the start.
- Pass on the inside.
- Suddenly cut in front of another rider during a roll through; as a courtesy, the rider being overtaken can call “clear”.
- Spit or snot whilst riding in the group – if necessary, drop off the back.

### **Other**

- Be on time. If driving to the start, ensure you have enough time to get yourself and your bike ready.
- Be courteous and respectful of all riders and other road users.
- The group rides are not a race. There will be opportunities at times, in safe areas, to test the legs – at all other times stay with the group.
- Bring enough food and water and spares for the ride distance; ask if unsure.
- Riders on the front are to:
  - move off steadily from lights or intersections and ensure the group has all clipped in and caught up before increasing the pace.
  - always pedal, especially when cresting a hill and when going downhill, to lessen the group banking up.
- Close up gaps quickly but smoothly and don't leave spaces in the group.
- If you are suffering, make it known immediately so we can help.
- If you need to leave the ride before the finish, ensure you inform the ride captain before you go and leave from the rear of the bunch so you don't cause any confusion in the group.
- Always bring funds for at least two coffees ☺

We have always had great times, both on the bike and at social functions, while raising important funds to assist those less fortunate. We ask for everyone's concerted effort in following the above points so we can continue this long into the future.

Red Sky Ride Team