

Ride rules



Welcome to Wild Bikes Club Rides

We want to ensure that everybody riding with Wild Bikes Cycling Club (WBCC) has a safe and enjoyable experience. Of paramount importance is safety. of all our riders.

We therefore request that all our members follow a few basic rules to ensure the safety of both themselves and any other road user or pedestrians.

Ride Rules

WBCC Responsibilities

The Club will take responsibility for:

- Nominating a suitable Ride Leader for each Club Ride who will be responsible for leading the ride out. In addition, where numbers require, a 'back rider' will be nominated to support riders at the back and ensure that no-one becomes detached from the group. The Ride Leader may not always ride at the front but will have knowledge of the route and some cycling experience. Please respect their decisions and co-operate with them at all times.
- Provide information on the Club rides including an estimation of distance and pace to help riders choose the ride that is most suitable for them. We ask riders to choose the ride that is suitable to their current abilities, and if not sure pick a slower ride (we want you to enjoy yourself and come back again!) and then seek guidance as to which ride suits your ability.
- Non-members are required to complete a Guest Registration Form prior to joining a ride (downloadable from our website) and hand in to your Ride Leader).

Ride Leaders Responsibilities

- To welcome members at the start of the ride and check their membership status.
- To lead and support riders around a planned route so that it is enjoyable and safe.

To monitor the weather and cancel the ride if the conditions become hazardous. This is managed through Spond up to 30 minutes before any ride commences.

- Due consideration of any weather warnings.
- To assist riders to comply with WBCC rules and riding etiquette.
- To support emergency situations that may occur during a club ride, together with reporting and logging accidents & incidents.
- To lead the ride back to the end point, permitting riders to peel off with prior confirmation.
- The club expects all riders to be comply with the Highway Code.

Ride Leaders will dismiss any rider for the following inappropriate actions.

- No helmet.
- No/ineffective lights for night riding.
- Inadequate clothing during inclement weather conditions.
- Dangerous bike parts (loose components or broken/ineffective brakes).
- Aggressive, abusive or derogatory behavior to other riders or the public.
- Failure to comply with the WBCC rules, guidance or instructions provided by themselves.

The Ride Leaders decision is final.

Members' Rules

Riders must carry their emergency contact details with them at all times when on club rides, e.g. this could be carried in a saddlebag.

Health & Fitness

- Consult with your doctor if you have any questions or concerns regarding cycling activities.
- You must inform your Ride Leader if you have any injuries or medical conditions that may affect your riding or the WBCC route selection.
- You must not ride if you are taking any medications that may affect your riding or the safety of others.
- Should you become ill or experience any difficulties during a ride you must inform the Ride Leader, who will then implement emergency controls to ensure yours and the group's health and safety.
- Ensure you have sufficient nutrition of food and water for the duration of your ride.

Protection & Clothing

- A cycle helmet must be worn which conforms to current regulations, is the correct size, adjusted and securely fastened.
- Wear appropriate clothes for cycling. Avoid loose clothing which may get tangled in the chain, or in a wheel or may obscure your lights.

- During adverse weather conditions wear warm, windproof and waterproof cycling gear appropriate to your activities.
- Gloves are recommended at all times to ensure a good grip on the handlebars, protection from the elements and added protection during a fall.
- Light rucksacks suitable for cycling may be used if considered safe, ensure all straps are fastened/tied and cannot be caught in the wheels, passing branches etc.

Bike Setup & Maintenance

- Choose the right size and type of bike for your activities, comfort and safety.
- It is the responsibility of riders to ensure that their bikes are well maintained and roadworthy (i.e. serviced, working brakes, no loose, broken or dangerous parts etc.).
- Tyres are in good condition and are inflated to the recommended pressures, gears are working correctly, the chain is properly adjusted and lubricated, the saddle and handlebars are adjusted to the correct height and secure. Handlebars must have secure grips and bar end stoppers.
- If any type of peddle cleats or clips (SPD's) are used, ensure you are fully proficient in their use and correctly adjusted to your riding style.

Recommended spares should be carried at all times; these may include the following minimum requirements.

- Puncture repair capability, levers and inflation tool.
- A small toolkit, appropriate for your bike.
- Spare inner tube.

Items may be shared during a ride, but you must not assume other riders will repair your bike leaving them at risk of not being able to repair their own.

Additional items should also be considered that may assist should you have a mechanical issue.

- Main consumable parts, pads, hanger, links etc.
- Cable ties and tape for emergency repairs.
- Chain splitter.

Should a situation occur whilst riding that your bike becomes un-rideable, then it is the rider's responsibility to transport the bike back to a safe place for repair; this may be your home address or a repair specialist. Riders will not be abandoned for health & safety reasons.

Riding at Night

- Lights and reflectors must be kept clean and in good working order.
- Your bike must be equipped with an illuminated white front light and a red rear light.
- A spare light should be considered should one fail.
- High intensity lighting is recommended for off road riding where hidden hazards may be present. Be considerate to other road users and dip/dim your lights when using them on the road.
- Reflective clothing may assist other road users to ensure you are seen.

Club Riding Etiquette

See the separate document on WBCC website titled WBCC Ride Etiquette

- We ask that you turn up at least 5 to 10 minutes before each ride is due to commence.
- Ride details will be posted on the WBCC forums, if you are unsure of any ride details please discuss with the Ride Leader.
- Any changes to the ride will be posted on Spond at least 30 minutes before the start time; a ride may be cancelled due to inclement weather.
- We ask all riders to listen and obey the instructions provided by the Ride Leader and any nominated riders supporting them. Remember these instructions are provided to ensure your safety and enjoyment.
- During the ride, verbal commands and hand signals are used to identify (where possible) significant hazards to the group.
- All riders must follow the Highway Codes at all times including stopping at red lights and riding no more than two abreast (and the Countryside Rights of Way rules when riding off road).
- Allow car drivers to pass on narrow roads (even if this means slowing down/pulling in), especially if riding in a large group.
- Take care when passing pedestrians, especially children, older or disabled people and allow them plenty of room. Always be prepared to slow down and stop if necessary.

- Take care near road junctions as you may have difficulty seeing other road users, who might not notice you.
- Be courteous at all times, to your club members, other road users, pedestrians and members of the public.
- Do not ride in a dangerous, careless or inconsiderate manner.
- Do not ride when under the influence of drink or drugs, including medicine.
- Be considerate to other riders within the group and ensure there is adequate room between all riders to have a clear view ahead and avoid emergency situations.
- Failure to adhere to the instructions of the Ride Leader may result in a rider being asked to leave the group.

Emergencies

Should a serious incident or accident occur the Ride Leader or nominated person will call 999 or 112 and request the appropriate emergency services as necessary.

All riders must ensure that the WBCC /Ride Leaders are informed of their current emergency contact details in case of an emergency.

Riders should have their emergency contact information with their name and contact details written down and carry it during all club rides.

Although Ride Leaders will do their utmost during an emergency situation, it is considered that riders attend rides at their own risk and ride within their own skill level.

Disclaimer

Wild Bikes Cycling Club (WBCC) Participation and Risk Acknowledgement

Wild Bikes Cycling Club (WBCC) is committed to promoting safe, enjoyable and responsible cycling. Participation in any club ride, event or activity is entirely voluntary, and all members are required to take personal responsibility for their own safety and conduct.

Cycling takes place in environments that may involve hazards and unpredictable circumstances. These can include road or trail conditions, traffic, weather, surface defects, mechanical failures, interactions with other road users, rider error, and other factors beyond the control of the club or its volunteers.

As a result, participation carries an inherent risk of accident, injury, serious harm, or death.

By taking part in any activity organised, promoted, supported or coordinated by WBCC, participants acknowledge and accept that:

- They choose to participate voluntarily and understand the risks associated with cycling activities.
- They are responsible for assessing their own fitness, health, experience and ability to take part safely.
- They will ensure that their bicycle and equipment are suitable, properly maintained and in a safe condition before participating.
- They will comply with all applicable laws, highway regulations and instructions given by ride leaders or event organisers.
- They will ride in a responsible manner and show consideration for fellow riders, pedestrians and other road users.
- They remain responsible for their own actions, decisions and personal safety throughout any club activity.

Whilst WBCC and its volunteers endeavour to organise activities responsibly and provide information believed to be accurate at the time it is shared, participants should not rely exclusively on club communications when making decisions relating to their safety, route selection, equipment or participation.

Members are strongly encouraged to maintain appropriate insurance cover, including third-party liability insurance, to protect themselves against claims arising from damage, injury or loss caused to other people or property whilst cycling.

Nothing in this statement is intended to exclude or limit any liability which cannot lawfully be excluded. However, participants acknowledge that WBCC, its committee members, ride leaders and volunteers cannot eliminate the inherent risks associated with cycling and that participation is undertaken at the individual's own risk.

By joining WBCC and/or participating in club activities, members confirm that they have read, understood and accepted this participation and risk acknowledgement statement.

Comments and feedback are welcome in writing to the Club Secretary to improve rider's enjoyment and safety

- ❖ wildbikesclub@gmail.com
- ❖ www.wild-bikes.org.uk
- ❖ www.strava.com/clubs/wildbikes
- ❖ www.spond.com (Wild Bikes Cycling Club)
- ❖ www.britishcycling.org.uk