

## Anerley BC Club Runs

Members must obey the Highway Code, relevant legislation and the ride leader. More detailed guidance on The Highway Code, riding and leading rides is given here:

<https://www.gov.uk/guidance/the-highway-code>

<https://www.cyclinguk.org/toolkits-cycling-groups/ride-leaders-toolkit>

<https://www.cyclinguk.org/road-position>

All ABC members are strongly recommended to have third party insurance, which can be obtained through Cycling UK or British Cycling membership. Members should also ensure their bike is in roadworthy condition, and carry tools and spares to enable them to carry out simple repairs.

Ride Leaders should check for new members at the ride meeting point, assess their bike and capability and brief them appropriately. Check they are on the Anerley Ride Update WhatsApp group, if not give them your phone number.

Only sign on to rides that are within your capability regarding speed, distance and climbing.

Please help to protect others in the group and be considerate to other road users.

When slowing call "easy" and when stopping call "stopping" and if safe, raise a hand upwards.

Move left or right, use hand signals and make an appropriate call e.g. "car on the left"

Holes etc, shout "hole" and point if safe.

Gravel or glass, shout "Gravel" and if safe use a flat hand to indicate the area affected.

Vehicle oncoming towards group on narrow road or at pinch point shout "car down"

Vehicle coming past the group from behind shout "car up"

Vehicle following behind "car behind"

At junctions "clear" means no traffic BUT ALWAYS do a final check yourself.

To call for single file riding call "single out" and if safe point a single finger upwards. (Usually the leader)

Slow down when passing horses, pass wide and let the rider know well in advance that you are approaching, keep talking as you pass.

When stopping, where possible get off the carriageway completely. If that is not possible, choose a safe place to stop, away from any junctions and bends, and stop in single file next to the kerb or edge of the road.

The group should try to ride together in a compact group but a safe distance apart. Don't ride ahead of the leader unless you are given permission. Don't leave a ride without telling the leader. If any members of the group fall behind out of sight, they should assume the group is continuing on the current road. The leader should stop and wait if the group turns off the current road. If you become detached from the group use the Anerley Ride Update WhatsApp group or phone to contact the leader.

The Highway Code and Cycling UK recommend that you normally cycle at least a metre from the kerb, and move to the centre of the lane when it is unsafe for cars to overtake you. Conversely, the group should move to the left and single out to help cars to pass when it is safe, and consider stopping to allow cars to pass when they have been following the group for some time.

Never ride more than two abreast, and only do so when it is safe. Leaders of groups riding in close double line formation with rotation should ensure everyone in the group understands the system and is capable and comfortable with riding in this way.