

INVERNESS CYCLE CLUB

CLUB CODE OF CONDUCT

1. POLICY

This code of conduct is devised for the safety and benefit of the club and its members. It outlines the minimum standards expected on all rides.

Some rides may have additional rules or codes of conduct. If in doubt, consult your ride leader.

Inverness Cycle Club provides a varied programme of rides that may include a social ride, a steady training ride and a fast training ride. Distances, speeds and destinations of rides are displayed on the club web site.

Although we operate informal rides, we also have a duty to show good conduct to the general public while out on rides.

2. GUIDING PRINCIPLES

Club rides are not races and members are expected to treat them appropriately.

It is your own responsibility to select a ride that you are capable of completing

The ride leader of the day decides where the destination is and the route to be taken.

We always attempt to avoid main roads and use lanes but this is not always possible.

When riding as a club we must:

- behave in a manner that represents Inverness Cycle Club in a good light
- act for our own safety and well-being
- respect our fellow club members.

Riders are responsible for their own health and safety at all times.

3. RESPECTING THE RULES OF THE ROAD

All riders must adhere to the rules of the road. Disregard for the Highway Code, road traffic legislation and behaviour that endangers yourself or others may lead to disciplinary action by the committee.

4. RIDE DISCIPLINE

- Riders should ride no more than two abreast unless overtaking and single file on busy narrow roads.
- Be aware of riders behind you. Try to ride smoothly and do not brake without warning if it can be avoided.
- Shout warnings and signal to other riders if there is a danger in the road.
- Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles.

- Large Groups should be split in appropriately sized groups to show due consideration to other road users
- When encountering horses, slow down, let their riders know you are approaching (speak - don't shout - so that the horse recognises an approaching human), and then pass single file when it is safe to do so. Do not shout, or undertake any action that may startle the horse
- Should the group be split, riders should slow down or find a safe place to stop and reform before proceeding.
- The group should always stop and assist any of its riders suffering from mechanical or physical problems.
- The group should always wait for the last rider, unless the rider has requested to be left, or an agreement made with everyone's consent, that the group will not wait for dropped riders.
- No rider should leave the group without first notifying other riders, preferably the ride leader.

5. RIDE LEADER

The ride leader is the official representative of the club and his or her instructions should be followed.

The ride leader must be a club member and will endeavour to ensure that the ride is conducted in a safe and well-organised fashion. All riders must assist the leader in this duty.

The ride leader is responsible for accounting for the members of the group

6. DEALING WITH MECHANICAL PROBLEMS

To ensure that mechanical problems are minimised, riders must keep their bikes in roadworthy condition. A tool kit should be carried that includes, at the very least, the following:

- pump or other way of inflating tyres
- spare innertubes
- puncture repair kit
- two tyre levers
- allen keys or multihead spanner as appropriate to your cycle.

7. DEALING WITH ACCIDENTS & INJURIES

The club does not provide first aid cover or medical support for riders on club runs. In the event of an accident, the ride leader and the group will do all they can to assist any rider who has suffered injury.

Riders who have pre-existing medical conditions that require special treatment must take precautions to ensure that information about their condition can be easily found by the emergency services or other medical professionals in the aftermath of an accident or the onset of the medical condition. One way of doing this is to wear a MedicAlert bracelet or pendant. These are pieces of jewellery containing a telephone number which any doctor can ring to find out about your medical conditions. To find out more, contact your GP, or contact

MedicAlert at MedicAlert House
327-329 Witan Court
Upper Fourth Street
Milton Keynes
MK9 1EH
United Kingdom

Freephone: 0800 581 420

<http://www.medicalert.org.uk>.

8. FOOD AND CLOTHING

You must dress appropriately for the weather. You should carry a waterproof on all but the best of days. Club runs generally include a café stop, however you should carry drinks and food sufficient to get you to the café and home again.

9. HELMETS

Helmets must be worn at all times whilst on club rides or events

10. USE OF AEROBARS

Club rides are group rides. While the club accepts that aerobars may be permanently attached to your bike, please do not use them while riding in company. Aerobars must be properly installed and plugged

11. MUDGUARDS

If you don't have mudguards and are riding in the wet, consider other club members. Also, any cafes we use, you must use a cover on the seats to prevent soiling the furniture.

12. CHILD PROTECTION POLICY

Riders under 16 must be accompanied by their parent or an approved coach. For further details see the club's Welfare Policy

13. GETTING HOME AGAIN

If you are not confident of finishing the ride or your bike has a mechanical problem, let other riders know as soon as possible. The ride leader and the group will do all they can to assist you, but they can only do so if they are aware of your problem. The group will be supportive.