

**Last Updated: April 2016**

*ColVelo members and guest riders agree to the following;*

**ColVelo is all about the ride. We don't intend for the following to detract from this in any way.**

**1. Safety first:** When riding, you must at all times comply with the Highway Code and more than that, you must ride with courtesy and respect for other road users. You are responsible not only for your own safety, but for other riders around you. As such, please wear a helmet and have working lights when required. There will be a Ride Leader (or Leaders) but their role is limited to choosing the route and, as far as possible, making sure the group stays together and respects other road users. They are NOT responsible for your safety, you are. You are also responsible for the cohesion of the group and helping keep it together. Experienced ColVelo cyclists may ask you to adjust your speed, road position or style. Please respect them, as they are only concerned for everybody's safety.

**2. Medical conditions:** You are responsible for bringing with you and administering any medication you may require whilst on the Club rides. The group will be happy to stop to give you time to take the required course of action.

**3. Arrive on time.** Simple. Rides will leave without you if you miss the start time. When rides are announced, we'll usually state a meet time, and a departure time.

**4. It's not a race:** The Club runs for the most part are a social ride. Anyone accelerating ahead of the group will be assumed to be aware of the route. They will not be called after or chased after if they take a wrong turn. We wait for those who are dropped (unless otherwise stated). We do not wait for people who go off the front.

**5. Group ride etiquette:** Single file or two abreast depending on road conditions at all times. Be wise here, and ask others if you are unsure what should be done. Mudguards in poor weather are advisable but not mandatory, DO NOT half wheel. If you are unfamiliar with this term, or any other points, please ask your ride leader for an explanation or clarification.

**7. Mechanicals:** If a rider suffers a puncture or a mechanical failure, everyone in the group is expected to stop. Assistance may be provided, but you must be proficient in being able to repair your own puncture. Make sure you start the ride with spares such as an inner tube, tyre levers, tool-kit and that your bike is roadworthy. The definition of Roadworthy is at the Rider Leader's discretion.

**8. Say hello:** If you're new, please identify yourself to those leading the Club ride. They will fill you in on the plan for the day. We're a friendly bunch!

**9. Be contactable:** Carry a mobile phone so the group can contact you should we lose you, or you or others need to call for emergency assistance.

**10. Be self-sufficient:** Make sure you have enough hard-cash/card with you. The group rides are social so as part of the cycle ride, there will be stops for coffee, shop-stops to refuel lost energy and so forth. Also, in the unlikely event you need to catch a train or a taxi back home you should have sufficient money for the journey.

**11. 3rd party liability:** ColVelo accepts no liability for damage to person or property during Club Rides, you are responsible for the safety of your property and yourself. You may be Liable for damage caused to 3rd party property or persons, including tools or kit other ColVelo cyclists have lent to you. 3rd party liability insurance is advisable but not mandatory. This can be obtained through British Cycling.

**I understand that if I fail to abide by the code of conduct I may be asked to leave the Club if the issue is a serious one.**