



Falmouth Wheelers Group Ride Guidelines

Group awareness and communication are the key elements of successful and safe group riding. The safety of all riders is paramount. Please be considerate to all road users around you and think about how your actions may affect them.

It is the responsibility of ALL riders to:

- Adhere to the Highway Code at all times
- Ensure that you and your bike are adequately prepared for the ride
- Ensure you have the correct clothing/lights for the changeable weather and your safety
- Encourage all riders to have Cycle Insurance

If you are new to the club or just visiting, introduce yourself and inform someone in the group about any health conditions, medical alerts and an In Case of Emergency Number (ICE).

Riding on the road

Assess the pace of the ride after a few miles from the start and consider the need to split into smaller more manageable groups of about 6 (of similar paced riders).

When travelling on busy roads, split into smaller groups (4/5). Allow at least 50 metres between the groups to allow other vehicles to pass easily and keep the traffic flowing. Stay in your group and ride at the slowest paced riders speed. Maintain concentration and communication.

Road positioning – Ride in the Secondary Position (approx. .75mtr – 1mtr from the left edge) and in Primary Position (more central to your lane) as and when needed. See more [here](#)

When turning right on busy roads, the rider at the rear of the group will give the signal to pull out into the centre when its safe and verbally communicate this forward to the rest of the group.

Keep moving and maintain your speed. Sudden braking or stopping can cause accidents and it may break up the group continuity while riders adjust their gears or gain their momentum again. It's easier for vehicles to pass a group that has a consistent speed and good grouping rather than variable speed and spread out.

At times, it's safer to ride two and breast. Be aware of any vehicles behind you and change to single file as and when necessary.

On smaller roads, allow vehicles to pass when it is clear and safe by pulling over, if needed and/or waving them through. Ensure you communicate any manoeuvre with your group (verbally or hand signals).

Ride in single file when descending or ascending a hill to allow faster cyclists to pass.

Respect the dynamic of the group ride. Ride steady if it's a steady ride and support your fellow riders rather than attacking and breaking up the group

Share the load and take a turn on the front especially if there is a strong headwind (if you're able to do so). No one likes a wheel sucker who then sprints to claim the Strava segment.

Getting out of the saddle – practice makes perfect.

Take care not to 'kick-back' your bike. (It can help to shift up a gear before standing to maintain the cadence/power) Be observant of who's in front/behind and position yourself or communicate accordingly.

Do not undertake or communicate it – *'I'm on your left'* or *'coming through on your left'*

Do not half wheel – overlap the wheel of the bike in front

Always look behind before manoeuvring your bike.

Call out

Car front/down or Car back/up. Calls allow everyone to be aware and adjust their riding position if needed

Potholes – debris – gravel, walkers etc. Be considerate of the rider behind you (on your wheel)

Call out or use hand signals for any upcoming manoeuvrers

Shout out or point out

Stopping/Slowing. If you need to stop, pull off the highway in a safe place e.g. away from a junction, on a straight clear road, in a pull in/gateway. Communicate this to your group (verbally or [hand signals](#))

Horses – Talk to the riders – *Is it ok to pass?* Continue to talk as you pass as it can be reassuring for the horse.

It is every members responsibility to reflect the club and cycling as a positive experience for all road users and treat road users with respect

References;

www.Cyclinguk.org/group/page/essential-guidelines-safe-riding

www.cyclingweekly.com/fitness/training/guide-group-cycling-119044

<https://roadcyclinguk.com/how-to/technique/essential-guide-road-cycling-hand-signals-calls.html>

<https://www.cyclinguk.org/article/road-positioning-cycling-explained>