



# WILD BIKES CYCLING CLUB

## RIDE RULES

**Email Us:** [wildbikesclub@gmail.com](mailto:wildbikesclub@gmail.com)

**Web:** [www.wild-bikes.org.uk](http://www.wild-bikes.org.uk)

**Facebook:** [Wild Bikes Cycling Club \(Public\)](#)

[Wild Bikers & Wild Bettys Members Page \(Members Only\)](#)

**Strava:** [www.strava.com/clubs/wildbikes](http://www.strava.com/clubs/wildbikes)

### 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 the 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.

### 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.
- Provide a membership card to all fully paid up members. Membership cards must be carried at all times in case of emergencies.
- 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 cards/status.
- To lead and support riders around a planned route ensuring both their enjoyment and safety at all times, whilst building their confidence. Also ensuring that any young riders (minors) are adequately supported throughout the ride and that their welfare is paramount.
- To monitor the weather and cancel the ride if the conditions become hazardous. This is managed through Facebook up to 30 minutes before any ride commences.
- Due consideration of any weather warnings should be considered.
- To ensure that riders comply with the Highway Code and any WBCC rules, guidance or instructions.
- 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 start point, permitting riders to peel off with prior confirmation.
  - 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 behaviour 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.
    - Provide a post-ride review summarising the ride.
- Comments and feedback is welcome in writing to the Club Secretary to improve rider's enjoyment and safety.

### Members Rules

Riders must carry their membership card at all times when on club rides, their name and emergency contact details must be entered on the card. Cards must not be transferred to other members.

### Age Restrictions

- WBCC is open to anyone over the age of 9 years (at the discretion of the Chairman), subject to the following requirements:
  - Under 18 year olds must attend an assessment session prior to their membership being approved, at the discretion of the Chairman.
  - A parental consent form will be completed for all members under the age of 18 years and approved prior to joining one of our rides.
  - Under 13 year olds must be accompanied by a parent or guardian (also a member of WBCC) at all times.
  - Riders under 18 years are permitted to join our mixed road rides, upon completion of the above requirements and approval at the discretion of the Ride Leader.

### Health & Fitness

- Consult with your doctor if you have any questions or concerns with regards to 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 water proof 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/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.
  - Spare inner tube.
  - Puncture repair kit/tyre levers and a pump.
  - Small toolkit appropriate for your bike.
  - 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 bike.
- Additional items should also be considered that may assist should you have a mechanical issue.
  - Main consumable parts (brake pads, rear hanger, chain links etc.).
  - Chain splitter.
  - Various cable ties and tape to undertake any emergency repairs.
- 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 (also see separate document on WBCC website - 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 contact the Ride Leader.
- Any changes to the ride will be posted on Facebook 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 and pedestrians.
- 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.
- It is the responsibility of all riders to ensure the WBCC /Ride Leaders are notified of your current emergency contact details should an emergency occur. Your membership card must be completed with your name and emergency contact details and carried 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

#### Cycling is an inherently dangerous sport.

WBCC welcomes all riders, but do not assume any liability for your participation.

In no event, shall WBCC accept any liability for any injury, loss, or damage incurred by use of, or reliance, on information from the forums, documents, or from participating in group rides with WBCC.

By participating in any group rides arranged or co-ordinated by WBCC, you acknowledge, appreciate, and agree that:

- The risk of injury from cycling is significant, and while particular skills, equipment and personal discipline may reduce this risk, the risk of serious and potentially fatal injury does exist; and
- Knowingly and freely assume all such risks, both known and unknown, whether arising from the negligence by myself or others, to the fullest extent of permitted by law.

**WBCC strongly recommend that all members take out appropriate third party liability insurance for their cycling activities. Appropriate discounted insurance cover is available through the clubs affiliation to British Cycling and the CTC and is open to all club members.**