



# Ride Guide

*The object of the Cycling for Pleasure Group is to have enjoyable cycling for all the members. By observing the following guidelines for Leaders and Riders the safety and enjoyment of the club rides should be ensured.*

## Leader's Responsibilities

### Before the Ride

1. Choose a route that is both interesting and within the capabilities of our members. Old programmes are useful for ideas and to provide an indication of appropriate distance, gradient and road surface. If the route is in the city, avoid busy main roads.
2. Cycle the route. Note toilet facilities, choose a pleasant spot for lunch and where possible ensure that there is shelter or shade. It is a good idea to check the route the week prior to the ride, particularly if the road surface could be affected by weather conditions. This also enables the leader to revise the details of the route.
3. For publication in the programme, write a few words about the location of the ride and features of interest, in particular the starting point and time, the distance of the ride and some indication of the difficulty of the ride so that members are able to choose rides within their capabilities. Unsealed roads and hilly terrain should be indicated. If there is no shop near the lunch stop, include "BYO" lunch.
4. Ride planners must inform Trans Adelaide not less than 5 working days before a train component of a proposed official club ride that there is a reasonable likelihood that there will be more than 4 cycles per carriage requiring transport on a particular train.

### Leading the Ride

1. Attend the ride, or if you can't, find an alternative leader who is familiar with the ride. In case of emergency a mobile phone and first aid kit should be available.
2. Do the ride that is in the programme. If you need to make any changes, gain the consent of the assembled members to ensure that those present are capable of the new ride.
3. Before setting out introduce everyone and especially welcome new members to the group. Give a short description of the ride and emphasise any special features or road hazards that are expected to be encountered.
4. Take a head count and appoint an experienced rider to ride at the rear.
5. Lead from the front. Pace the ride so that there is a comfortable speed for the riders present. Stop and regroup if riders become too spread out. If regrouping after turning a corner, ensure that there is room for all cyclists to stop safely around the corner without obstructing traffic.
6. Obey all the road rules. Signal clearly well in advance when changing direction. Use crossing lights where possible. If there is a large number of riders, consider breaking up into two smaller groups where the road is narrow and the traffic heavy.
7. At the completion of the ride make sure you return to the starting point and wait until the last rider arrives. If this is not possible appoint a substitute leader to finish the ride. If there is a cafe nearby, consider suggesting a drink as a windup to the day.

## Cyclists' Responsibilities

1. Obey all the road rules. Do not ride two abreast if the road is narrow or traffic heavy. Remember that you are responsible for your behaviour and actions on a public road.
2. Leave plenty of room between yourself and the rider in front to allow for unexpected stops. If you have to stop, alert the riders behind you.
3. When passing, alert the rider in front and for safety's sake, avoid passing on the inside of a rider.
4. Alert the group to hazards eg broken glass, approaching cars, cyclists or pedestrians.
5. If you leave the group before the official completion of the ride, notify the leader.
6. Do not go ahead of the Ride Leader without his/her permission.
7. A first aid kit should be carried by all riders.
8. All riders should carry personal emergency information in the event that they are involved in an accident.
9. CPG does not carry any insurance cover; rides are undertaken at your own risk. It is recommended that you at least have ambulance cover.