

MANDURAH Over 55 Cycling Club

Ride Safety and Rules

Membership of this Club implies acceptance of the printed constitution and rules. Any group of cyclists travelling together on cycle ways and roads need to adhere to the Road Traffic Code at all times.

(1) RIDE CAPTAIN

The Ride Captain is elected each year at the Annual General Meeting. The Ride Captain's responsibilities pay particular emphasis to the welfare, comfort & safety of members. In the absence of the ride captain a member of the committee will act in his place.

(2) RIDE LEADER

The Ride Leader of each group of cyclists will usually have knowledge of the various routes and the ability to gauge conditions, speed etc appropriate to members on the ride. In the interest of safety a ride group should not be more than 10 cyclists and in the case of an excess of this number, then the group should be split into two groups, with a leader and tail ender. The groups should ride separated to allow other road users to pass. If the ride leader of a group is unavailable on the day, the Ride Captain will approach the group and request a temporary ride leader.

The Leader is appointed to lead the ride and riders should adhere to a policy of *'follow the leader'*. For instance, if the leader is riding on a cycleway, it is **not** acceptable for riders to ride on a parallel road.

(3) STOPPING DURING A RIDE

There are two main reasons for stopping a ride. Firstly at a planned comfort or other recognized zone and secondly for either a fall or mechanical breakdown, puncture, etc. Riders should move themselves and their cycles from the cycleway or road immediately. This is for their own safety as well as that of other cycleway or road users.

(4) LEAVING THE RIDE

Riders who wish to leave a ride during its progress should not do so without first notifying the ride leader. Any cyclist in a group who is unable to continue will be accompanied by at least one other person.

(5) SAFETY DURING THE RIDE

Each member carries the responsibility for their own safety as well as that of other cyclists and must fully comply with all the Club Mandatory and Recommended requirements as set out in the Mandurah Over 55 Cycling Club Members Cycling Law and Safety Requirements.

(6) SAFETY ON CYCLE OR SHARED PATHWAYS

The rule is that pedestrians have the right of way. Riders should ride in single file always keeping to the left. Obstacles such as signs & posts in the middle of shared paths should always be passed on the left, riders behind should be warned by shouting '**POST**' or similar warning.

Warnings should also be given for other cyclists who often approach or pass at high speed.

Warnings of '**BIKE UP**' for cyclists approaching from the front & '**BIKE BACK**' for cyclists approaching from the rear must be passed up and down the line

(7) SAFETY ON ROADWAYS

The Road Rules apply equally to cyclists **at traffic lights, stop signs, give way signs & roundabouts**. It is legal to ride two abreast on the road however it is recommended that cyclists ride in single file at all times and as close to the kerb as possible.

Particular care should be taken when turning right & when crossing a main road. If necessary stop and walk across.

Warnings of '**CAR UP**' for cars approaching from the front and '**CAR BACK**' for vehicles approaching from the rear must also be passed up and down the line

(8) ALCOHOL

No alcohol shall be consumed for the duration of the ride.

(9) CONDUCT

Members shall show respect towards all individuals and their property.

Members shall obey all rules applying to accommodation used by the Club.

Any member, who, because of misconduct, places any other rider in danger, may be expelled from the ride or in extreme case, cause grounds for termination of membership.

(10) CAPTAINS RESPONSIBILITIES

Shall ensure that at least one suit able first aid kit is carried by each group on a ride.

Shall ensure that new or inexperienced riders are adequately supervised.

Has the right to prohibit any rider from participating in the ride if it is considered that the rider may not be able to complete the ride safely.

May reprimand any rider for misconduct or willful disruption of a ride and may demand that the rider leave the ride.

The person selected to lead a ride shall remain the leader to the conclusion of the ride unless they hand the leadership over to another member.