



# CLUB RIDES

- (a) Will have a predetermined start time and route to be communicated to all participants.
- (b) All participants will comply with the Highway Code.
- (c) All adult participants are responsible for their own well-being during the ride and should be prepared for situations such as adverse weather conditions, mechanical problems and punctures.
- (d) Riders will be allowed to take part on a "guest" basis for up to three rides only in any Club year, further rides being dependent on achieving member status. A maximum of ten "guests" may participate in any ride.
- (e) A Ride Leader will be appointed for each ride and will have a duty of care towards the riders and ensure as far as reasonably practicable that the safety and enjoyment of all participants and the public has been taken into account in the organisation of the ride.
- (f) The Ride Leader will be responsible for ensuring that individual riders are not left on their own during the session.
- (g) The Ride Leader will assume responsibility for emergency procedures for incidents that riders may experience during a ride (e.g. punctures, mechanical problems, changes in environmental conditions, accidents involving one or more members of the group).
- (h) The Ride Leader will make sure the riders on the front clearly pass on indications of hazards and that all riders have a safe technique and equipment.
- (i) In the event of a necessary stop, the Ride leader will choose a safe place to stop as a group, warn riders before stopping and keep the carriageway clear.
- (k) All riders must be aged 14 years or older. Junior membership is available to riders aged between 14 & 17 subject to parental approval. Riders aged between 14 & 17 years must be able to produce proof of having passed Level 2 Cycle Training Standards (or equivalent) and/or be assessed by an official(s) of the club.
- (l) Signed parental consent forms must be in place for all riders under the age of 18 years and if such riders participate in a Club ride they should be accompanied by a parent or guardian as the Club cannot accept any greater degree of responsibility for them than other riders if unaccompanied.
- (m) All riders will be encouraged to take part in activities that are within their capabilities.
- (n) All riders are advised to wear a helmet.

I have read and understood club ride rules, signed .....

NAME .....

ADDRESS .....

E-MAIL .....

TELEPHONE .....

AGE IF UNDER 17 .....

ANY MEDICAL CONDITIONS IN THE EVENT OF AN ACCIDENT WE SHOULD BE AWARE OF .....

PARENTAL CONSENT (IF AGED UNDER 17) .....