



Yorkshire Rose Cycling Club

At Yorkshire Rose Cycling Club (YRCC) fun and friendship are at the heart of our club and we want everyone to experience a great time cycling with us but we also want to support and encourage riders of all abilities to ride safely. Whilst safety is the responsibility of each and every rider, we expect everyone on a YRCC ride to look out for others safety as well as their own. Therefore please read the guidelines for ride leaders.

#LiveLaughRide

Guidelines for Ride Leaders

- Plan a route before your ride and ensure the roads will be suitable for the weather conditions.
- As a ride leader you should arrive at least 15 minutes early so that there is someone to welcome new riders.
- Appoint an experienced rider as a 'back marker' at the start of the ride and have regular contact with them throughout the ride.
- Count number of riders for your group.
- Ensure your riders know they must observe all rules of the road and assure them that you will wait if the group gets split at junctions or traffic lights.
- Lead assertively and at the advertised speed of the ride. Don't let stronger riders force the pace.
- Ride no more than two abreast and single out when requested by the ride leader or back marker. The rider on the outside drops behind the rider on the inside.
- The Ride Leader should attempt to keep the group together on the flat and regroup at the top and bottom of hills.
- Be familiar with your route and warn riders, especially new or inexperienced riders, about tricky descents especially in wet weather. Also warn about pot holes, poor road surfacing and excess mud.
- If the back marker does not appear within a few minutes at a regrouping point, retrace your steps to find them – there could have been an accident or mechanical.
- Riders who go on ahead up the hills should be told to wait at the top to regroup. Please allow the last riders to catch their breath and take a drink when they get to the top of hills. Have regular stops to regroup, if necessary.

- Overtake stationary or slow moving traffic on the outside where possible and don't weave in and out of the vehicles.
- Walk away from arguments with other road users but where possible take the registration number of dangerous drivers and report incidents to the police.
- Inform new riders about rider etiquette, i.e. not riding up the inside of riders, using hand signals for pot holes and how to single out.
- In the event of an accident/incident requiring emergency services, appoint another rider to lead the group back (if they are familiar with the route) and stay with the casualty, keeping as many other riders with you as you need.
- Some cafés like to be alerted about large numbers turning up so please be polite and ring your venue the day before and let them know. This can also be useful for finding out if some of the larger venues have any special events and will be really busy.
- Please report any issues or concerns to the club ride@yorkshirerose.cc
- Please acknowledge other riders on the road with either a wave or a nod and a smile. It is important that YRCC is seen as a friendly club that sets a standard. Also remember that the other cyclists may also be club members or potential club members.
- Please note all riders ride at their own risk and the club accepts no liability for your personal safety.

Cycling in a group is fun and sociable and ride leaders really do lead the way. YRCC rely on ride leaders to support other members of the club to become knowledgeable and experienced to ride safely in a group. Whilst this information may seem straightforward, please remember that riding in a group for the first time can be a bit daunting and ride leaders support members to develop their group riding skills.

All members of the club are provided with

- Welcome letter
- YRCC Guidelines for riders
- YRCC Guidelines for calls and hand signals

www.yorkshirerose.cc

ride@yorkshirerose.cc

Find us on:  /YorkshireRoseCC  @yorksrose_cc

Club sponsor:

