



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 our guidelines for riding with our club that will ensure you have a fantastic day out with us.

#LiveLaughRide

Guidelines for Club Riders

- Ensure you arrive in enough time to hear details about your ride. The rides will leave promptly at the advertised time.
- Choose a ride appropriate to your ability. If in doubt speak to a ride leader.
- Don't force the pace of a ride. If the ride is too slow or fast for you, please join a different ride the following week.
- Ensure that you are medically fit to take part in the ride. If you are not feeling at your best or have a slight injury, please make the ride leader aware.
- If for any reason you decide to leave the ride do let the ride leader know.
- Please ensure you have an emergency contact card with you and wear clothing appropriate to the conditions which can change very quickly on route.
- Obey all the rules of the road as if you were driving a vehicle. Never ride through a red light to stay with the group. Ride no more than 2 abreast and single out when asked by the leader or back marker.
- YRCC strongly advise cycle helmets are worn during any club ride.
- Please take note of any instructions during the ride as they are for your own benefit and safety.
- Please pass on any messages, verbal or visual, from the leader, i.e. potholes, pedestrians, horses along the line.
- Your bike must be in good order with working brakes and tyres pumped up.
- At YRCC we recommend you have: YRCC membership card displaying contact details in emergency, tyre levers, inner tube(s), puncture kit, pump, multi tool (including chain tool), waterproof jacket, food, water, money, credit card and a mobile.

- Please bring enough drink according to the ride length and weather conditions plus enough money for any cafe stop.
- Move away from arguments with other road users. Please report incidents of dangerous driving to the police.
- In the event that the group splits, please wait at the top of hills and at junctions to regroup. Don't congregate across a junction when waiting or on the inside of bends.
- Do not ride up the inside of other riders and alert others when overtaking them.
- 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.
- All our leaders are unpaid volunteers. They will make mistakes but are always trying to ensure the safety of the group and act in the best interests of the club. Please be mindful of this, do not be critical or disrespectful. If you have an issue please raise this quietly with the leader. If you feel you cannot approach your ride leader please email the club secretary at ride@yorkshirerosecc.co.uk who will act accordingly.
- Please acknowledge other riders on the road with a hello, wave, nod or a smile. It's important that YRCC is seen as a friendly club that sets high standards.
- Please note that you ride at your own risk and the club accepts no responsibility for your personal safety.

www.yorkshirerose.cc

ride@yorkshirerose.cc

Find us on:  /YorkshireRoseCC  @yorksrose_cc

Club sponsor:

