

Rules:

- A Member shall sign and abide by the Club Ashtead Vélo Ride Disclaimer.
- The Ride Guide is not your brain so please don't leave yours at home. Each rider is responsible for his/her own safety. Ensure you are riding within your limits and in accordance with the highway or country code.
- If it's going to be dark or there is likely to be low visibility at any time during a ride then ensure you have adequate lights with a good battery charge. Ensure you take into account some additional charge time to allow for mechanical problems and slower group riding.
- Ensure your bike is safe before you start a ride and that you have adequate spares of the most commonly required items (inner tubes, pump/CO2 cartridges, chain-links etc.). The Ride Guide may know how these are to be used, but it is the responsibility of each Member to maintain and repair their own bike.
- Correctly fitting helmets are compulsory during Rides. There are arguments for and against helmet use, but if you are on an Ashtead Vélo club ride; the wearing of helmets is not up for debate.
- Your full attention needs to be on riding and therefore no earphones, headphones or other audio entertainment device is to be used on rides.
- If you intend to take part in any British Cycling sanctioned race as an Ashtead Vélo Member then you **MUST** wear Ashtead Vélo Club kit. The only exception is where members are also members of another club which has been declared as their primary club for a particular ride discipline with British Cycling.
- All members (apart from beginners and those in AV5) are expected to take 1-2 turns a year to guide the AV5 group. Please sign up via this link: https://docs.google.com/spreadsheets/d/1vJFcRYjT-TIJfR0dws9qZHfpKAUw0KV4TQ8doGXzyjs/edit?fbclid=IwAR0DhEPJTxaPro9oSvxgfyQfSVehzoZj_dzkX75w_s0lBDL-OarJpwX-4YQ#gid=0

Guidance:

- Members are expected to wear club shirts/gilets on club rides.
- Ride two abreast where it is safe to do so but be prepared to single out when necessary. Ride immediately behind the rider in front – **DO NOT** overlap. Overlapping gives you no chance to avoid the rider in front if he swerves or falls and can result in the group presenting a three abreast profile. Never ride more than two abreast.
- Where traffic is heavier and the ride group is large, work together to break the group into smaller sections of approximately 6 riders. These riders should work in single file or two abreast according to road conditions and present as small an obstacle to motorists as possible while still riding far enough from the kerbside to assert their presence and avoid kerb-strikes, drains and potholes.
- Ride steadily. Keep a steady line and constant speed while in a group. Any sudden change is magnified as it reaches riders at the back and so can have dramatic consequences.
- Nobody likes a face-full of dirty water or filth so please fit mudguards if possible when riding in inclement weather.
- Making sure your bike is clean before a ride is useful too. Cleaning your bike will make you more aware of any wear and tear issues (e.g. worn brake pads, drivetrain etc.) and less likely to suffer mechanical issues on rides. It also stops you getting filthy if you have to fix it mid-ride too.

- In any incidents with other road users you should attempt to maintain the moral high ground. Don't enter into arguments and avoid confrontation. Remember that just as we tend to notice only inconsiderate or bad drivers so other road users see poor behaviour by some cyclists. Please don't provide any extra ammunition to the anti- cycling lobby.