

## **Group Riding Etiquette**

Worthing Excelsior C.C. Club runs are group rides taking place on public roads and those taking part are expected to obey the Highway Code, and ride sensibly with thought for your own safety and that of other club members and road users.

- Remember The Highway Code - your own safety and the safety of others is paramount.
- Ensure that your bike is roadworthy and you have adequate equipment to effect puncture repairs etc.
- If there are large numbers of riders, they should be split into groups. We do this according to each rider's ability.
- Ride in formation, no more than 2 abreast, always maintaining a space between your front wheel and the wheel you are following. Avoid overlapping your front wheel with rear wheel of the rider in front.
- Make space for vehicles to overtake, ride in single-file where necessary. A group of 12 or more to ride in single-file means a fairly long line of riders to be overtaken safely. It's probably not a good idea to wave a motorist through if you are on the back of the group, let the driver make his own decision.
- Give early warning of hazards, approaching cars, potholes, debris etc.
- Ride at a steady pace. We do our best not to leave anybody behind, but if you are turning off from the route please advise others that you are doing so that they don't turn around and look for you.
- Ride with hands on the handlebars, riding "No hands" in the group is dangerous and unacceptable! Do not use "Aero bars" whilst riding within a group this is also unacceptable, we have to be mindful of the safety of others when riding. Gentle use of the brakes whilst riding will help you to maintain a steady pace with other group riders. Never slow suddenly without warning shout to those behind you.
- Ensure that you give positive hand signals for turnings so that those behind, including motorists, are aware of route changes.
- Shout out if you have a problem and slowly ease into the kerb, don't try to correct a fault whilst riding, this is dangerous! If someone else has trouble, wait and help if you can, you may well be the next victim.
- Advise the ride leader if there is a split in the group, reduce your speed or stop at a sensible location until the group reforms. Always allow the group to reform at the tops of hills.
- Please remember we are representatives of the Worthing Excelsior and our sport, and as such we should always be mindful of your behaviour to other road users and the impression that they take home.
- Don't argue with motorists and other road users--even when they are wrong