

One and All Cycling

ADVICE AND TIPS ON RIDING IN A GROUP

One and All Cycling's midweek and Sunday morning group rides are a cornerstone of the club's activities. We want these rides to be safe, rewarding and fun. To help us achieve this, please take a few minutes to read through the advice and tips on group riding provided below:

- Stay relaxed, but remain alert to what is going on around you.
- Always look first and let the riders around you know before moving within the group.
- Do your best to ride consistently and predictably. Remember that your movements will affect the whole group.
- Please never overlap the rear wheel of the rider in front of you – it's dangerous for you and the other riders.
- **Please never ride 'hands-off' in the group.**
- Good communication is important for successful group riding. Please become familiar with the hand signals and verbal shouts used by the group. If you are new, your ride leader will explain these to you before you set off on your ride. Remember to point out upcoming hazards to the riders behind you.
- Never ride more than two abreast and please single out on narrow roads or as requested by the ride leader or back marker.
- The aim of group riding is to keep the group compact and together. Please help the ride leader achieve this; stronger riders can help enormously by staying with the group, helping the weaker riders recover. If you ride off the front of the group and miss a turning, you risk becoming separated from the group and having to make your own way back.
- If you are one of the stronger riders in the group and you are one of the first up a hill, please ease back or wait at the top.
- Overtake stationary or slow moving traffic on the outside.
- When pulling up at a road junction, please don't scatter across the road. It is important that stationary riders don't block junctions unnecessarily.
- Remember that we are all obliged to obey the rules for cyclists contained in The Highway Code.
- If you need to leave a ride before it ends, please inform the ride leader before leaving.
- **Stay safe and have fun!**

We appreciate that it will take time for new riders to 'fine-tune' these skills. Our ride leaders and other more experienced members in the groups will always be happy to offer advice and help you develop as a group cyclist. All we ask is that you do your best to help the ride leader keep the ride safe, fun and rewarding for everyone in the group.

The British Cycling and CTC websites are useful sources of advice on group riding and you are encouraged to look at these resources.