



Ride Etiquette: Swindon Wheelers Cycling Club (SWCC)

All Riders

- You are responsible for your own safety and all Riders join club rides and activities at their own risk.
- If you have a medical condition and come out on a SWCC organised ride it is your responsibility. However, you must inform the ride leader and be mindful of the effects your condition could have on the other riders in the group.
- In case of emergency, it is advisable that you carry a completed Wheelers club card with emergency contact details and any significant medical issue documented.
- You must ensure that you and your bike are roadworthy.
- Be courteous to other road users and follow the Highway code at all times.
- Unless you are an experienced rider and used to riding in groups, start in a lower group (Nova's) and work up, if unsure a senior member of the club can advise
- All rides use recognised hand signals to alert the group of possible dangers such as pot holes. Please familiarise yourself with these.

<https://www.britishcycling.org.uk/knowledge/article/izn20141114-Road-How-to-communicate-with-signals-in-a-bunch---Racesmart-0>

- No new rider is ever left behind unless the ride leader is satisfied that someone is coming to pick you up.
- If you find yourself dropping off the back of the main group (i.e. not able to keep up for some reason) let another rider know so this can be conveyed to the ride leader.
- If you are leaving the ride before the designated end point you must let the ride leader know, ideally before the ride sets off but definitely before you leave the ride.
- Consider joining British Cycling or Cycling UK to obtain 3rd party liability insurance and

legal support

- Ride steadily as sudden changes in speed get magnified as they are passed along the ride.
- Ride two abreast where it is safe to do so but always be prepared to single out when necessary. Ride immediately behind the rider in front – do not overlap either forwards or sideways. Never ride more than two abreast.
- Carry enough tools to get you out of common problems -see list on the Wheelers website.
- Tri-bars are not permitted on Club rides and group activities for safety reasons.
- Helmets are compulsory for all rides.
- Mudguards are highly recommended in the winter.
- See SWCC road ride risk assessment for guidance on riding in the hours of darkness: <https://swindonwheelers.org/wp-content/uploads/2024/11/SWCC-Risk-Assessment-for-group-road-rides-v3.pdf>
- If you have an accident whilst out on a club ride, depending on the severity of any injury, you must complete either a British Cycling or club accident form. Doing so helps the club and other riders learn from accidents.
- By joining in with Club rides you are agreeing to abide by the above and follow the ride leader's instructions. Failure to do so could result in removal from the ride/activity and instigation of disciplinary action by the club.
- Finally, the most important rule is to enjoy the ride!!

Youth and Junior Riders

- Youth riders aged 10–16-year-olds can become members of SWCC and with parental consent participate in monthly group youth rides led by a club coach.
- Prior to joining a youth ride, the rider's ability to ride safely in a group on the road will be assessed by a club coach.
- Junior riders aged 16-18's can ride unaccompanied on SWCC group rides with parental consent.
- All under 18 riders and their parent(s)/ guardians need to be aware that SWCC follows British Cycling guidance relating to safeguarding, the aim of which is to protect both the U18 rider and supporting adults.
- Parent(s)/ Guardians of U18 riders MUST be available to collect their child in the event

of an accident/injury/mechanical preventing them from continuing the ride/activity.