



## **Guide for Riding in Groups - Cycling Geelong**

### **Introduction:**

Cycling in groups is an enjoyable and social experience. To ensure the safety and enjoyment of all members, Cycling Geelong has developed this guide for riding in groups. Please familiarise yourself with these guidelines before participating in club rides.

### **Respect for All Road Users:**

- Respect fellow riders, drivers, pedestrians, runners, dog-walkers, and horse-riders.
- Acknowledge the shared responsibility on the road.

### **Responsibility on the Road:**

- Emphasise responsible cycling and driving for safety and mutual respect.
- Be courteous, anticipate mistakes, and continuously improve your own cycling.

### **Traffic Lights:**

- Stay behind the line at traffic lights, don't move around the cars; prioritise existing traffic.
- Be patient and respectful, acknowledging the right of others to be ahead.

### **Junctions:**

- Ride coordinator stops; front riders wait for a gap for the whole group.
- In town, ride slower if needed, ensuring no one is left behind.

### **1. Pre-Ride Preparation:**

- a. Ensure your bike is in good working order before each ride.
- b. Wearing a helmet is compulsory on all Cycling Geelong rides.
- c. Carry sufficient water for the ride, especially in warm weather.



- d. Bring a charged mobile phone where possible and ensure your emergency contact information you provided the club with is up to date.
- e. We encourage riders to carry a basic first aid kit.

## **2. Group Formation:**

- a. Follow the instructions of the Ride Leader at all times.
- b. Ride in a predictable single or double file formation, depending on road conditions.
- c. Learn and use our *basic group riding signals* [hyperlink] for turning, stopping, and hazards.

## **3. Riding Etiquette:**

- a. Be predictable and maintain a steady pace, avoiding sudden movements.
- b. Ride consistently to avoid collisions.
- c. No sudden braking, signal and gradually reduce speed to avoid rear-end collisions. Let the riders behind you know if your stopping
- d. Point out and verbally communicate road hazards to those behind you
- e. Obey all traffic signals and rules, riding on the left side of the road.

## **4. Pace and Regrouping:**

- a. All rides are graded to allow you to select a ride to suit. Try to remain with the group however there will always be a Tail End Rider to ensure you are not left behind.
- b. The Ride Leader will advise of any regrouping points along the route to allow riders to catch up where required.

## **5. Support and Encouragement:**

- a. Support riders of all skill levels with positive reinforcement and encouragement.

## **6. Communication:**

- a. Communicate verbally with fellow riders regarding turns, hazards, and pace adjustments, e.g Pothole, slowing. ALWAYS CALL IT BEHIND to ensure all riders hear it.
- b. Use clear hand signals for turning, slowing down, and stopping.

## **7. Riding in Traffic:**

- a. Always be visible, wear bright or reflective clothing and use lights when riding in low-light conditions.
- b. Ride single file when navigating traffic.
- c. Be aware of your surroundings and anticipate traffic movements.

## **8. Post-Ride Courtesy:**

- a. Thank ride leaders and fellow riders for a safe and enjoyable ride.
- b. Share constructive feedback with the Ride Leader to improve future rides.



**DO NOT:**

- Race ahead of the Ride Leader, we are a recreational club, not a racing club
- Move up the left side of the group
- Ride more than 2 abreast
- Overlap wheels, a slight direction change or gust of wind could easily cause you to touch wheels and fall
- Use phones or attempt to change clothing when riding in a bunch
- React to bad driving incidents with gestures or provoke retaliation.

By following these guidelines, we contribute to a positive and safe riding experience for all members of Cycling Geelong and our community.

Happy riding!