

Velo Club Norwich

RIDE SMART

Rider Briefing

Please ensure that you have read and understood the Rider Briefing below BEFORE participating in any club rides.

Riding in a club ride or group is NOT a race. It is ridden under standard highway conditions. Therefore ALL riders must abide by the rules of the road at all times.

Safety ...

- ❖ You are riding on open roads. Be alert to the vehicles you share the road with and always follow the Highway Code.
- ❖ Do not take any unnecessary risks – your actions could have serious consequences.

Actions ...

- ❖ You are responsible for your own actions.
- ❖ Do not assume it is safe to cross a junction when others say so. Always check it is safe to continue yourself.
- ❖ Always ride on the correct side of the road. Ride no more than two abreast and single out on narrow roads or sections where visibility is limited.
- ❖ If you approach a horse and rider from behind, remember to SLOW down, shout out and give plenty of space when passing.

Responsibility ...

- ❖ Ride responsibly; look after yourself and the people around you.
- ❖ Respect the environment and ALL other road users.
- ❖ Do not litter – take your rubbish with you and discard it at home.
- ❖ It is the individual responsibility of each cyclist to ensure that they ride safely at all times and that they do not cause danger, risk, damage or injury to themselves, other cyclists or other road users.

Think ...

- ❖ ... about your position on the road.
- ❖ ... about other road users.
- ❖ ... about other people (riders, pedestrians, local residents etc).

Safe Group Riding ...

- ❖ Do give warning of obstacles and approaching vehicles.
- ❖ Do not brake suddenly or make sudden sideways movements.
- ❖ Do beware of the riders around you.
- ❖ Do be aware of a sudden backward movement of a cycle in front if the rider gets “out of the saddle.”
- ❖ Do communicate with other riders when singling out, with the outside rider dropping behind the inside rider.
- ❖ Do move safely to the rear of the group if you have a problem (with cycle, clothing etc.)
- ❖ Do be in control of your cycle at all times.
- ❖ Do read further information about Safe Cycling at:
www.vcnorwich.co.uk/rides/safe-cycling/

We all have a part to play; rider behaviour is crucial in protecting yourself, other riders, other road users and the future of cycling on the public highway.

If you are unsure about any part of the Rider Briefing, speak to someone leading the ride, a Committee Member or email us at info@vcnorwich.co.uk BEFORE you ride with the club.