

Rider Guidance

Welcome to Southampton CTC.

Our aim is that all our rides are safe and that you enjoy your riding in a sociable group. These guidelines explain how our rides are organised and what is expected of you. They will not cover every situation that may arise. Ask the Ride Leader or another rider if you are unsure about anything.

Each rider is responsible for their actions and must use their judgement as to what is best for their own safety and that of the group. In order that you have the trust of the Ride Leader and other riders, this requires a bit of practice and some discipline.

Preparing for the Ride

- Book your ride in advance with the Ride Leader and pass them your ICE (In Case of Emergency) details. You should also carry your ICE details on the ride.
- If in doubt, check with the Ride Leader that the ride is within your capability.
- Check your bike is appropriate for the ride, correctly setup and in roadworthy condition.
- Have a good up to date working knowledge of the [Highway Code](#).
- Carry an efficient pump, spare inner tubes and tools to effect minor repairs.
- Carry water, some food and spare clothing (appropriate to the weather forecast).
- If you will (or may) be riding in the dark, carry front and rear lights.

On the Ride

- Please help our volunteer Ride Leaders to lead a safe and enjoyable ride for all.
- Follow:
 - Behind the Ride Leader, unless they direct or advise otherwise.
 - Any decision made by the Ride Leader to use a cycle track, or not.
- Advise the Ride Leader or the Sweeper:
 - If you need to stop or leave the group
 - If you notice a rider is missing.

Roadcraft - Riding in a Group

Cyclists are vulnerable road users. For your safety and that of your riding companions, develop of defensive cycling skills and show other roads users a high degree of courtesy.

- Ride in a compact group but do not overlap the rear wheel of the rider in front (in case they suddenly move out to avoid a hazard).
- Ride two abreast, where possible, as this is:
 - Safe and legal.
 - Helps the group to be seen.
 - Presents a compact group for vehicles to overtake.
- At a junction, ensure the rider behind has seen you turn and if in doubt, stop and wait.
- To enable vehicles to pass, the Ride Leader may stop the group in a safe location or single up.
 - To single up, the inside rider should move up and the outside rider tuck in behind them.
 - Drivers often see singling up as invitation to overtake, regardless of whether it is safe.
- The following phrases are used by the group (pass the message to riders up or down the line):
 - Car Up or Car Back (vehicle approaching from behind).
 - Car Down or Car Front (vehicle approaching from ahead).

When Riding in the Group

Do:

- Shout “stopping” in good time and if possible, give a “slowing down” signal.
- Draw the attention of riders behind to hazards by pointing (when safe to do so) and shouting “on the left”, “on the right”, “pothole”, etc.
- As possible, pull well off the road when stopping.
- Keep calm when drivers use their car horns inappropriately.
- Wave to thank drivers who slow or stop to let the group through

Do Not:

- *Ride more than two-abreast.*
- *Overtake the cyclist ahead on the inside.*
- *Ride no handed or use tribars.*
- *Half Wheel (riding with half a wheel in front of the person alongside you).*
- *Stop suddenly.*
- *Use flashing lights if they upset other riders.*
- *Cut corners when turning right.*
- *Wave cars to pass.*
- *Block other road users’ line of sight at junctions.*
- *Shout or gesticulate at drivers who behave badly.*

References

- [The Highway Code](#)
- [Cycling UK - How to cycle in a group](#)

Please email any comments or questions to rides@southamptonctc.org.uk.