



CTC South West London Group Ride Guidelines



Riding in a group is an acquired skill. Please read these guidelines, which aim to make your ride with us safe and enjoyable while showing respect for other road users.

Before the ride:

1. Fill in the SWLDA membership card, including emergency contact details, and always carry it with you.
2. Check that your bike is in a roadworthy condition. Carry a spare inner tube, tyre levers, pump and lights. Food and water for emergencies, waterproofs, a bike lock, maps and train fare home are advised. Fit mudguards to protect following riders.

Know the basic calls and signals:

3. ‘**Car up**’ = car approaching from rear. ‘**Car down**’ = approaching from front (down your throat). ‘**Single out**’ = ride in single file.
4. ‘**Easy**’ = slowing down. Waving your right arm up and down warns following riders/road users of your intention to slow down or stop.
5. Point to the ground or call ‘**Hole**’ to indicate a pothole or other hazard.
6. ‘**On the left**’ or pointing behind the back indicates the need to move out.

On the ride:

7. Please be ready to leave at the advertised start time.
8. We often share elevenses facilities with those less mobile than ourselves. Please park your bike sensibly and do not obstruct access.
9. If you are new, introduce yourself to the Ride Leader, who can advise on the most appropriate group for your level of ability; note the destination and leader’s mobile number. He/she and the back marker will keep an eye out for you during the ride.
10. Do not ride too close to the person in front, particularly when descending, and be prepared to brake. Look behind before changing position or overtaking. Do not brake suddenly without warning: if you puncture, brake gently, call out ‘puncture’ and brake under control.
11. Never overlap the inside of the rear wheel of the rider in front. This is dangerous. Similarly, do not obstruct the outside of a rider and restrict his space to manoeuvre to avoid potholes, glass, etc.
12. When stopped, do not block the road, keep in single file and move off the road if possible. When turning, look behind and signal early and clearly.
13. Never undertake lorries, buses, and long vehicles. This is the biggest cause of cyclist deaths.
14. Respect traffic lights, pedestrian crossings, road signs and follow the Highway Code.
15. Be considerate to other road users. Do not ride two abreast if it prevents safe traffic flow. Give vulnerable road users, such as pedestrians and horse riders, a wide berth.
16. A large group should split into smaller groups of 8-10, to create a gap for an overtaking car. Do not cross this gap without good reason.
17. If you have difficulty keeping up, the Ride Leader should regroup at the top of the hill or next junction. If you decide to leave the ride, inform the leader or back marker; otherwise ring/text the leader asap
18. The Ride Leader controls the pace. Do not overtake the leader without invitation. If you do he/she will not be able to ensure that you stay on the planned route.
19. Often riders will make their own way home from tea. If you are not sure of the way, seek advice or someone who will be going in your direction.

After the ride: Check that your bike is ready for the next ride.