



Cwmcarn Est 1932
Paragon

Cwmcarn Paragon Cycling Club - Code of Conduct

Please ensure you read the Cwmcarn Paragon Cycling Club Code of Conduct before joining club rides

It is mandatory that all riders adhere to the Code of Conduct at all times.

The following code of conduct is devised for the safety and benefit of Cwmcarn Paragon Cycling Club and its members. Cwmcarn Paragon Cycling Club is a successful Club and promotes safe cycling. The Code is no more than a formalisation of the basic principals of decency, manners and common sense that the Club would expect from all its members and covers how its members should act when riding on a Club ride.

When riding as a Club we have obligations:-

To the Club to behave in a manner that represents it in a good light, to us in terms of our own safety and well being and:

To our fellow Club members by assuring that our behaviour does not threaten the safety of other club members and road users.

Responsibility to the club

For your safety and the safety of others the Club expects all riders on Club rides to adhere to the rules of the road. Any disregard for the rules set out in the Highway Code and behaviour that endangers you or others may lead to disciplinary action by the Committee and in extreme cases involve Police action plus expulsion from the Club.

Club Rides are not races and members are expected to treat them appropriately. The Club provides a varied programme of rides from the social group to a fast training run, however all of these rides are for the enjoyment and development of its members and are not unofficial road races. Helmets are also required to be worn on club rides.

Responsibility to yourself

All bikes should be in reasonable repair and fully roadworthy. It is advised that a minimal tool kit is carried plus a mobile phone in case of emergencies.

Club runs continue regardless of the weather, it is advised that you dress appropriately and carry a waterproof on all the best of days. Club runs generally stop at cafes; however you are advised to carry water and food with you.

If you are a new member on a Club ride and are not confident of finishing the ride or suffering from mechanical problems let the Ride Leader or other riders know as soon as possible.

Responsibility to the group

Portable music players - Safe riding requires everyone to use their eyes and ears at all times to be completely aware of their surroundings. The use of portable music players/earphones is prohibited on sanctioned club rides.

Ride Discipline

Riders should ride no more than two abreast unless overtaking and only if it is safe to do so.

Riders should endeavour to ride smoothly and not brake without warning if it can be avoided – your actions have impacts on the riders behind you.

Shout warnings and signal to other riders if there is potential danger in the road e.g. moving motor vehicles (in front & behind the group), stationary or parked vehicles, pot holes, any other obstacles, walkers and horses.

Riders must keep their hands on the handlebars at all times unless signalling. Riding no-handed in the group, for whatever reason, is an unnecessary danger to the entire group and is not permitted.

When riding as a group you should always allow for riders behind you.

Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles safely.

Should the group be split due to any circumstances all riders in the front group should slow down or find a safe place to stop and reform before proceeding.

All riders in a group will always have an obligation to stop and assist any of its riders suffering from mechanical or physical problems.

The group should always wait for the last rider unless that rider clearly requests to be left to continue on their own.

No rider should leave the group without first notifying the Ride Leader or other riders.

Ride Leaders

Ride Leaders will endeavour to ensure that the rules laid out in the Code of Conduct are adhered to and that the Club ride is conducted in a safe and well-organised fashion. However it is the responsibility of ALL riders to assist the Ride Leader in this duty.

On a Cwmcarn Paragon Cycling Club sanctioned ride i.e. those advertised by the Club, the Ride Leader is the official representative of the Club and their instructions must be adhered to.

Ride Leaders are to make themselves known to all new cyclists and Club members.

Ride Conduct

Know the Highway Code

Look over your shoulder before starting any manoeuvre

If you need to stop for any reason shout “STOPPING” before you start to slow down. Always try to stop close to the verge or a place that is safe,

Ride in single file on busy roads and in circumstances where it would be dangerous for vehicles to pass, if in doubt always defer to the Ride Leaders judgement.

Never ride more than two abreast unless overtaking and only if it is safe to do so.

Keep a safe distance from the rider in front.

Take care on country lanes, looking over hedges and listening for approaching traffic. When riding in the outside position of the leading pair always hold back approaching blind corners – there may be a car approaching.

Change to single file riding when the call “single out” is heard – this maybe so a car can pass or an obstacle needing to be passed. This is normally done by each inside rider moving forward to allow the outside rider to slot into the gap made behind.

Pass Ride Leaders instructions and messages up or down the line of riders so everyone can follow suit.

Approaching or following junctions each rider should check that any riders following are still there, if not wait before or just after the junction and inform the Ride Leader.

At a junction do not block the sight of motorists already waiting to pull out.

Riders wishing to leave the group must notify the Ride Leader or another rider in the group.