



CLUBRUNS AND GROUP RIDES – GUIDANCE AND RULES

1. What is a group ride or 'clubrun'?

A social or training ride by a number of members. We offer a range of rides, road and MTB, with various start points and times – Totton, Fareham, Chichester, Winchester. Please refer to the website, calendar and Newsletter for the latest range.

You'll need to ensure you have adequate fitness/capabilities for the ride you intend – speak with the contacts on the site or in the Newsletter, or another member if you are unsure. As guidance, the Sunday rides last 2-3 hours and have an average speed of around 16mph.

Please note that all members are responsible for their own safety and wellbeing during a ride and should be prepared for situations such as changing weather conditions or mechanical issues.

2. Have fun

Above all, the club runs are fun. There may be some rules here but the club run isn't a military drill, it's about enjoying getting out on the bike and helping others do the same.

3. What do I need to bring?

- Helmet – as it's a group ride, we do require you to wear a helmet. No helmet = no ride.
- Emergency stuff and money: mobile phone with emergency contacts; ID and medical details including any medication you're taking.
- Drink and some food – don't run out of energy. For longer rides, we suggest 1-2 water bottles and some sport/energy food such as muesli bars, banana or malt loaf.
- A roadworthy bike (your local bike shop can assist you with a service!) adjusted to fit you safely
- Spare inner tube(s), tyre levers and working pump in case of punctures; plus a multi-tool.
- Adequate clothing for the weather forecast
- No headphones or tri-bars please, the group situation means we prioritize good bike handling and hearing each other and the traffic around us

4. Under 18 riders

All under 18s will need a signed Parental Consent Form to participate (available from the website or membership secretary) and the prior agreement of the clubruns leader – we feel this is responsible given younger riders' needs may not be supported by the ride planned. Under 12s will need to be accompanied by a parent. Under 18s should have a parent available they can contact by phone to collect them should they have difficulties.

5. What do I do when I first turn up? Say Hello!

If you're new, please identify yourself to those leading the club run. Please listen to them, as they will explain how the run works and where it's going.

6. Highway Code

When riding, first and foremost you must at all times comply with the Highway Code, or Countryside Code for MTB rides. More than that, you should ride with courtesy and respect for other road/trail users; and with special awareness for the free-ranging animals when in the New Forest.

There will be a leader, but YOU are responsible for your own safety, and that of other riders around you. The leader's role is to choose the route and provide guidance to help the group stay together and respect other road users.

YOU are also responsible for the cohesion of the Group and helping keep it together, it is not a race. Please keep your Strava PBs and personal challenges for your own training time. Experienced Club members may ask you to adjust your speed, road position or style. Please respect them, as they are only concerned for everybody's safety and enjoyment.

7. Group riding etiquette

Aim to ride with less than one metre between you and the rider in front. Ride in pairs, never more than two abreast; and ideally slightly to one side of the rider in front, in case of sudden slowing. Single-out to allow cars behind the group to pass, or if the road conditions make it sensible to do so. Be careful not to brake suddenly; adjust your road position smoothly at all times, and be aware of the position of other riders.

8. Ride together and wait

After a junction, slow down a little to allow the riders behind to catch up and proceed as a group. Everyone takes time to set-off, clip-in and get settled back in the saddle. Keep the group together. Likewise, re-group at the top of hills and if necessary at the bottom. The lead riders should make sure that all riders are back in the group before resuming. It's OK to keep moving slowly until everyone is back together.

9. Warnings and help

Riders should warn of hazards ahead and inform the rest of the group verbally and/or with hand signals. Rear riders should ensure that no-one is falling behind. If they are, then they should inform those in front, and the group should slow to allow it to be reformed.

10. Calls and Signals

With safety in mind, we talk and signal a lot on clubruns! A shout of 'Car Front' means a car is coming towards the group, 'Car Back' means a car is behind; and you will normally move into single-file depending on road conditions. Riders will typically also indicate potholes (pointing down at the road), road obstructions such as parked cars etc (arm on the side of the obstacle is swung up behind and across the back). Ask an experienced member about these and other common signals.

11. Mechanicals

If someone punctures or has a mechanical, everyone is expected to stop. So in return for delaying everyone, make sure you start the ride with spares like an inner tube, tyre levers and that your bike is roadworthy.

12. Change the lead

Every few minutes, the lead should change. So if you've been sitting on the front for a while, when it's safe to do so, tell the others and swap the lead. But if you're tiring and suddenly it's your turn to be on the front, tell the others as it's fine to take it easy.

13. Join

We especially welcome new members on the club run, and if you like the club run, please become a member. We're happy for you to try the ride a few times but after three or four rides, join HCCC if you want to ride with us.

14. The Legal Bit – Insurance

We recommend you look into your own personal liability cover and that offered by British Cycling (e.g. Silver, Gold membership) or similar organizations such as CTC. The Club has a public liability (third party) policy only, in accordance with standard British Cycling procedure.