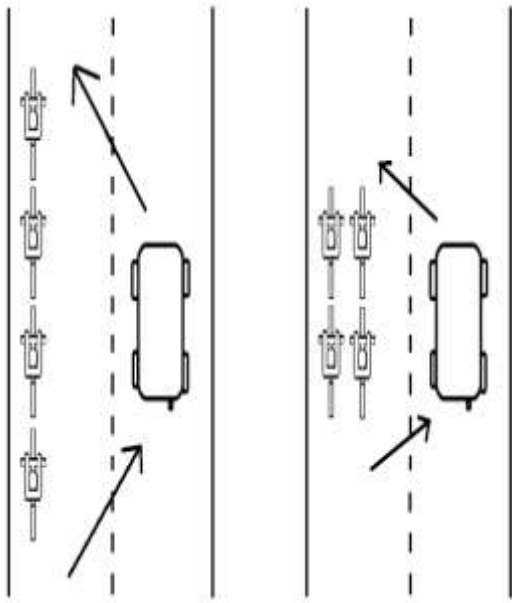


These guidelines help to make club rides with Brighton Mitre Cycle Club safe and enjoyable. Please follow them and ask more experienced club riders if you need help understanding how to use them.

### **When possible (and safe to do so), ride two abreast**

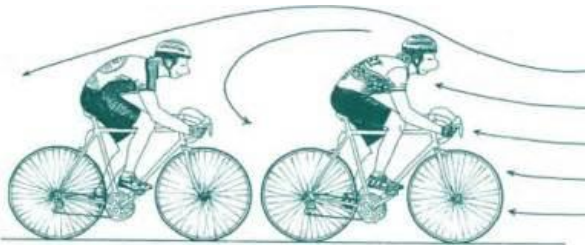


- ✓ Halves the length of line for vehicles to pass
- ✓ Decreases chance of vehicles pushing riders into the gutter by squeezing past
- ✓ More social through chatting to the rider next to us
- ✓ Keep gap between you narrow (elbows out if needed)

#### HOWEVER, **single down** when:

- ✗ Narrow country lanes with blind bends or hills could put outside riders in danger from oncoming traffic
- ✗ A long line of traffic builds up behind us (or we may pull into a lay-by to let them pass)
- ✗ We need to negotiate obstacles with narrow gap or give lots of space to horses etc
- ✗ If the group is small enough to single down in a cycle lane

### **Draft behind the rider in front**

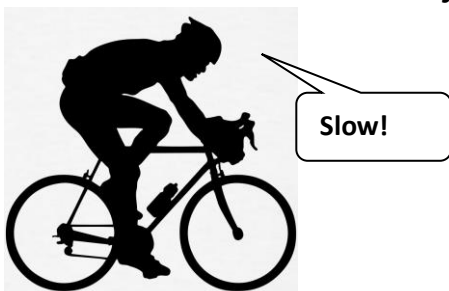


- ✓ Saves up to 30% energy for riders
- ✓ Prevents vehicles overtaking part of the group then squeezing into a gap
- ✓ Riders are seen as a group on the road and treated with more respect by other road users

#### Some safety rules apply:

- ! Never overlap wheels
- ! Minimum distance of a few cm, maximum distance one bike length on flat and uphill
- ! Larger distances on fast descents
- ! If a gap forms, shout out to let the riders in front know (then they can slow the pace if needed)
- ! Pay attention and make efforts to close gaps – it is safer to ride and be seen as one group
- ! If overtaking another rider, always pass on their right and call out 'On your right'

### **Shout to warn riders around you**



- ✓ Drafting riders cannot easily see what is ahead, nor potholes and obstacles
- ✓ Communicating a change in pace prevents riding into the back of each other
- ✓ Hand signals can also be used, but may be missed

## Example Hand Signals



### Slowing down

Usually with shout of "Slow!"



### Pot hole, debris, drain cover etc

Usually with shout of "Hole left!" or "Hole right!"



### Moving right to avoid obstacle such as parked car or pedestrian

Not usually accompanied with shout

## Other Tips

- ✓ **Never go ahead** of the front ride leader unless they say so (you may miss a turning, and the ride leaders are managing the pace so the group stays together)
- ✓ If in doubt about which group to join, **go with the slower group** and join the faster group next time, especially if you're still getting confident riding in a group
- ✓ Slow right down and give lots of space for **horses** – keep talking calmly as you pass
- ✓ If you don't know what a signal or shout means, **ask someone** more experienced
- ✓ **Club rides are not training rides** – no intervals, sprinting or racing!
- ✓ Be courteous and **polite to other road users** at all times – we are representing the club
- ✓ **Enjoy** the ride and give us feedback please!