

TTC SAFETY GUIDELINES FOR CYCLISTS

- Look at the trip sheet or Website and choose a cycle which is suitable for your ability. Contact the leader if you need further information about your intended cycle.
- Let the leader know you are coming and be on time.
- If you have any symptoms of Covid-19 do not participate in any organized cycle.
- Ensure your bike is in good working order; if in any doubt have it checked over by a qualified mechanic. Ensure your electric bike is fully charged.
- Ensure your cycle is fitted with a working bell. Also, if cycling at night you must have white front and red rear lights.
- Carry spare equipment e.g. pump, inner tube, and tyre levers.
- Have your membership card with an emergency contact number on the back.
- Have fully charged mobile phone with the leader's number saved in your contacts and consider bringing a snack and a drink.
- Dress for the weather and consider bringing a spare layer.
- Wear florescent / reflective clothing so you can be seen by other road users. Wear a cycle helmet that conforms to current regulations, is fitted correctly and securely fastened.
- Pay attention to any risk assessment outlined by the leader and stay behind the leader while cycling following his/her instructions.
- Alert others of any hazards on the road e.g. potholes rough ground and be alert to what other riders around you are doing and don't get too close to them.
- If you intend to stop raise an arm or shout 'slowing' or 'stopping' to whoever is behind you.
- Mark all corners to avoid riders getting lost.
- Consider the needs of other road users, you can ride two abreast particularly in larger groups or accompanying a less experienced rider.
- Be aware of other drivers behind you and allow them to pass by moving into single file or stopping when safe to do so.
- Avoid obstructing junctions when stopping for riders to catch up or to check directions.
- Ride single file on busy roads and leave a gap so cars can pull in.
- Give clear signals to show other road users what you intend doing.
- On shared lanes let pedestrians / horse riders know you are behind them by calling out or ringing your bell, show courtesy to other road and trail users.
- Give your group cyclist's moral support and be aware of their needs helping and encouraging them to get the most out of the day.
- Abide by the Highway and Countryside Codes.
- Most of all have fun and come back and join another of our cycles.