

Sarasota Manatee Bicycle Club
Common Sense Guidelines for Club Riding

Rev: 2/16/09 - HH

- Bike riders must first and foremost be aware of his/her surroundings, equipment and riding ability. Riders must take responsibility for their own safety and as such should not ride beyond their ability. Always carry emergency contact information – ex: RoadID, photo ID, add ICE to your cell phone directory for EMS personnel.
- ***All club members are required to wear a bicycle helmet on club rides.**
- Stay together. Groups are more social, visible and better able to handle emergencies. In the event of a breakdown or flat, at least one other member should stop until the problem is rectified. Wait at turns to be sure that everyone riding in *your* group makes the turn and understands the proper route. When a large group breaks up into smaller groups at different paces, **be aware of who is riding in your group** and make sure that they are not left behind, unless they voluntarily drop back to join a slower group. **Do not leave slower riders unaccompanied** unless you are sure that they have the option of riding with another group at their pace. For smaller groups, common courtesy and common sense is expected; even if you must ride at a slower than anticipated pace.
- **Be on time.** Arrive at least 10-15 minutes ahead of scheduled ride start time.
- For everyone's safety, when passing – **pass on your left only – and call out “On your left”**. Indicate clearly when turning, slowing or stopping. Point out any dangers such as glass, potholes, gravel, animals, etc. When riding in a tight pace line, use clear verbal warnings, since hand signals alone cannot always be interpreted in time to avoid danger.
- **All riders should be aware of traffic.** When a vehicle approaches from the front, alert other riders by calling out **“car up”**, from the rear **“car back ”**, use **“car right or car left”** for a vehicle approaching from the sides.
- When safety permits, **allow vehicles free access to pass.** Always ride single file, within 3' from the shoulder. Understand motorist impatience and do NOTHING that might further aggravate them. Make eye contact with drivers at intersections.
- Safety is of the utmost priority! When using a pace line, ride smoothly and in a straight line. Do not pass other riders on the right side or ride in their blind spots. If you draft, learn proper drafting techniques. If you are an inexperienced group rider, learn by observing and evaluating the correct riding habits of the more experienced riders. If you are an experienced rider, lead by example, exhibit safe and appropriate riding behavior.
- Wear bright and visible clothing for best visibility on the road.
- Perform the ABC Quick Check on your BEFORE starting the ride. Carry at minimum: (1) spare tube, frame pump (or CO2), tire levers, \$\$\$, and an “all-in-one” tool.
- Riders under the age of 18 years are welcome only if accompanied by an adult/guardian and the appropriate release forms have been signed. **Neither the ride leader nor the club will assume any accountability for non-members' or**

a club members' unaccompanied children who happen to be riding along with the club.