

## Guidance to Coordinators of and Participants in Swaledale Outdoor Club Cycling Events

Swaledale Outdoor Club takes the management of risk very seriously. However, the taking of risks is an inevitable element of most of the Club's activities and for many members is part of the attraction of participating in those activities.

The Club is a collection of individuals with a common interest in outdoor activities who come together to participate in activities as a social gathering. Membership of the Club and participating in its activities are voluntary. Elected officials of the Club, Section Organisers, activity coordinators and more experienced members do not take responsibility for the safety of other members who are voluntarily involving themselves in hazardous activities. The people referred to above, through their own participation in the activity, may be in situations where it would be physically impossible for them to provide advice or assistance to other members. It is the responsibility of anyone involved in these activities to personally look after their own safety.

The Club publishes the following disclaimer: Members and their family and guests, participating in any of the Club's activities do so entirely at their own risk. Also they are aware:

- a) That the Club exists only to facilitate the mutual enjoyment of its activities by members and guests.
- b) That the Club does not offer instruction in any sport.
- c) That no member is authorised in the name of the Club to offer instruction.
- d) That responsibility for decisions affecting personal safety including those involving the use of the Club's equipment rests solely with the individual participants (or their parents/guardians if they are under 18).
- e) That the Club can accept no liability for the act, default or negligence of individual members.

Guidance is attached for ride coordinators and for participants.

## Guidance to Coordinators of Swaledale Outdoor Club Cycling Events

The role of a cycle ride coordinator is to plan an event and to provide guidance on the route to be followed. The Swaledale Outdoor Club provides the following guidance to coordinators taking account of advice provided by the CTC:

- Welcome any new riders and introduce them to the others.
- Obtain a parental consent form for any 16 or 17 year olds who are not accompanied by a parent.
- Brief the group on the route, the mileage, the pace and where the coffee/lunch stops are to be. You should not make the ride significantly longer or harder than advertised in the programme unless everyone participating is in agreement (without pressure).
- Be prepared to lower the difficulty level of the activity in adverse weather conditions.
- Advise the group (either at the start of the ride or just before the hazard - as appropriate) of any known hazards such as potentially busy roads, steep descents, dangerous bends etc.
- Ensure you are clear about the route.
- Pace the ride according to the ability of the group and go no faster than the pace described in the programme.
- Ensure all riders are present when turning off at junctions. In a large group it may be necessary to appoint someone as a back marker to ensure everyone keeps together.
- Don't stop on junctions where the group may cause a hazard. Stop beyond the junction at a safe distance.
- Ensure slower riders are not left behind and are encouraged.
- Encourage riders to ride single file on busy roads.
- Adhere to the Highway Code at all times and the guidance set out by the Club for ride participants - set an example to others.
- In the extreme event that individuals put the group at risk through their behaviour and fail to follow your advice then this should be brought to the attention of the Cycling Section Organiser at the earliest possible opportunity.
- Notify the Cycling Section Organiser of all significant accidents (i.e. exceptional incidents requiring medical treatment rather than the normal cuts and bruises to be expected).

## Guidance to Participants in Swaledale Outdoor Club Cycling Section Events

Participants on SOC cycling events should listen to the advice of the activity coordinator but must take responsibility for their own safety. Behave responsibly and enjoy the rides! The Swaledale Outdoor Club provides the following guidance to participants taking account of advice provided by the CTC:

- Dress appropriately and be prepared for possible changes in the weather.
- Ensure your bike is ready for the ride.
- Observe the rules of the Highway Code at all times
- On busy roads always ride in single file
- Keep a sensible distance from the person in front
- Give clear indication to cyclists behind of obstructions in front of you
- Give clear indication to cyclists behind if you intend to stop
- Warn cyclists in front of traffic coming from behind
- Warn cyclists behind of traffic coming towards you
- When cycling two abreast if traffic is coming behind the person on the outside should move forward
- When cycling two abreast if traffic is coming towards you the person on the inside should move forward if necessary.
- Don't cycle on the wrong side of the road at any time.
- Warn cyclists if you are passing on their outside.
- Don't overtake on the inside.
- Wait at junctions if the group has split and there are slower riders.
- Let the leader know if you decide to leave the ride at any time.
- Carry an adequate tool kit.
- Carry sufficient water and food appropriate for the type of ride.
- Carry a mobile phone if you have one.