

# Safe Ride Guidelines

## Carrollton Cycling Club

Carrollton Cycling Club is organized to share and promote road cycling in the community and Club members are provided with the opportunity to enjoy the sport of cycling in a friendly, cooperative atmosphere. All members should know and understand the dangers of sharing the roads with other vehicular traffic and we offer the following recommendations to make our rides as safe as possible. We provide ride leadership, but each person is individually responsible for his or her own safety.

1. Follow the instructions of the ride leader
  - a. To hear the instructions, we do not wear headphones, earbuds or other sound making devices
  - b. Do not ride “off the front” of the ride leader unless
    - i. you have informed the ride leader
    - ii. the ride leader agrees
    - iii. you know the ride route
2. Keep the ride leader informed
  - a. If riders have to stop or slow down, then word is passed forward to the ride leader
  - b. If riders want to leave the ride and turn back or take a short cut
  - c. If riders are not feeling well (tired legs not included)
  - d. If riders have knowledge about hazards or construction on the planned route
  - e. If a rider is struggling with the pace
3. Observe and obey all road signs and traffic signals
4. Use hand and vocal signals
  - a. To indicate turns
  - b. To indicate slowing and stopping
  - c. To warn each other of hazards such as
    - i. potholes, bumps, glass, gravel and other debris
    - ii. railroad tracks
    - iii. water and mud
    - iv. approaching cars from any direction
    - v. dogs and other animals
5. Follow the “rules of the road” by
  - a. Being predictable to motorists and fellow bike riders
  - b. Being assertive by taking the right-of-way when we have it
  - c. Being courteous by yielding the right-of-way when we don’t have it
  - d. Being alert to what is going on around us (scanning)
  - e. Yielding to cross traffic
  - f. Yielding to pedestrians

- g. Not passing another cyclist on the right
- 6. Maintain safe positions on the road by
  - a. Staying on the right of the road
  - b. Staying in a single lane on multi-lane roads
  - c. Never riding more than two abreast
  - d. Riding single file to let traffic go by on one-lane roads
  - e. Avoiding overlapping of wheels. A front wheel overlapping and then touching someone else's back wheel will cause the rider in back to fall down.
  - f. Avoiding riding up the middle of a column or passing other cyclists on the right
  - g. Riding a good line by not weaving from side to side, especially while turning
  - h. Not picking up the pace when we take our turn at the front of the group
- 7. Always stop as a group when
  - a. The ride leader shouts "STOPPING"
  - b. A rider has an accident
  - c. A rider has a flat tire or mechanical problem
  - d. There has been a split in the group due to a red traffic light. The front group waits for the rear group to catch up
  - e. When approaching a stopped rider, whether in our group or not, who may need help
- 8. If we have to stop
  - a. Stop as a group
  - b. Always pass the message to stop from the back of the group to the front or vice versa
  - c. Wait in places that are out of the flow of traffic
  - d. Resume riding as a group
- 9. Wait at intersections where there is a change of direction
  - a. So those in the back of the group know where we are going
  - b. So those that want to turn back, or take a shorter route, can inform the leader
- 10. Ride in a pace line
  - a. To share the workload on windy days
  - b. To ride faster as a group
  - c. When conditions on the road allow us to do so safely
  - d. Because it is fun
- 11. When riding in a pace line or echelon
  - a. Take your turn at the front pulling
  - b. Do not surge to get to the front thus opening gaps
  - c. Never use your aerobars
  - d. Stay in line and only change lines at the front when it is our turn to do so.
- 12. Maintain optimum visibility by
  - a. Riding about three feet from the curb to be more easily seen by motorists
  - b. Wearing brightly colored clothing and helmets

- c. Refraining from riding at night unless our bikes are outfitted with lights front and back
  - d. Using a blinking tail light on dark or foggy days
13. Carry personal equipment including
- a. All of our own water, sports drinks and food
  - b. A helmet (worn on the head)
  - c. All tools and parts needed to replace a flat tire.
  - d. Identification—this includes contact information and medical insurance information (road I.D.'s are great for this)
  - e. It is customary to wear the Club jersey for Saturday and IBC rides
14. Be friendly and communicate during the ride
- a. Talk with the person riding next to us
  - b. Introduce yourself to new riders
  - c. Explain these Ride Rules when necessary
  - d. If riding with a group for the first time, introduce yourself

Disclaimer: Carrollton Cycling Club is not responsible for the safety of the ride routes. All cyclists riding with CCC do so at their own risk.

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