



# CODE OF CONDUCT

This code of conduct outlines the minimum standard expected from all our riders  
This is for the safety of participants in club rides and other road users  
and to protect the reputation of the club

If in doubt, ask the ride leader or any committee member

## The Rider

- Sherston Velo is an inclusive community that exists to promote cycling for all. Discrimination, bullying and harassment have no place in this club. Any member found to have fallen short of this expectation will face disciplinary action.
- Ensure that you are fit and healthy to complete your chosen ride. We encourage you to push your boundaries and we won't leave anyone behind if they are in difficulty, but don't put yourself in a position where you might harm yourself by participating.
- Dress appropriately for the weather – and remember weather can change during the ride! Reflective and/or hi-vis clothing is recommended in the off-season (October-March) or in poor light conditions.
- Make sure you're well fed and hydrated before the ride starts and bring the food and drink you will need to fuel your ride. We suggest 500ml of water or sports drink per hour of riding, along with your snacks of choice.
- If you need to stop to refuel, take a comfort break or replenish your water supply, tell the ride leader and the ride will pause at the next appropriate place.

## Equipment

- Cycling helmets are to be worn during club rides. **No helmet = no ride.**
- Ensure your bike is in good working order and is an appropriate bike for the planned route.
- Bring spares and tools to deal with punctures and basic mechanical faults.
- Mudguards should be fitted for off-season rides or in wet weather. If you don't have mudguards and are riding in the wet, consider other club members and ride at the back!
- Front and rear lights should be used in poor light conditions, wet weather or fog. We recommend that you ride with a working rear light all year round as it helps other road users see you in a range of conditions, such as in shadows on a sunny day.

## Ride Safety

- Road user safety is of paramount importance – members must act in a way that ensures they and others are not put in danger.
- **The Highway Code must be followed at all times.** Rider who fail to observe the rules of the road may be reported to the committee. Persistent offending may lead to disciplinary action.
- If an incident happens during a ride – whether or not there is an injury – inform the ride leader straight away. After the ride, report the incident to the club development officer: [development@sherstonvelo.cc](mailto:development@sherstonvelo.cc) This is important to help the club to monitor ride safety.
- Follow the ride leader's instructions: they are for your safety.
- The ride leader has the final say on the route, particularly where there may be hazards.

- It is not always possible to avoid busy or main roads, but the club tries to plan safe routes avoiding busy areas and times of day.
- Communicate: you must warn other ride participants of obstacles or hazards such as potholes, approaching traffic or parked vehicles. Turn and slowing signals must be clearly given.
- Do not ride more than two abreast. On busy, narrow roads or where visibility is limited it may be safer to ride in single file. The ride leader will signal the most appropriate formation for the road conditions.
- Be careful when braking - be aware of riders behind you and tell them you are slowing down.
- When encountering horses or other animals, slow down. Calmly let horse riders know you are approaching so they have time to control their mount. Pass at an appropriate speed and distance when safe to do so. Consider riding in single file, depending upon the road conditions. Do not shout or do anything that may startle the horse.

### **Riding Etiquette**

- **On a club ride, or when you are riding in club kit, you represent Sherston Velo. Members are expected to act in a way that enhances the reputation and standing of the club.** Failure to do so may result in disciplinary action being taken.
- Please make every effort to arrive at the start of the ride on time, with everything you need, ready to ride. If you're going to be late, call the ride leader.
- Show courtesy and respect to all road users.
- Ride smoothly and with the group – an organised, compact bunch is safer for all.
- If you need to leave the group early for any reason, let the ride leader know.
- If you want to sprint for a village sign, attempt a K/QOM on a climb or start a chain gang during a ride, do it in an appropriate place and by mutual agreement so that everyone can join in if they wish and regroup in safety afterwards.
- Relax, have fun and enjoy a safe, sociable ride!