

ESSENTIAL INFORMATION FOR CYCLING FOR FUN AND FITNESS RIDE PARTICIPANTS

JOINING A CYCLE RIDE:

- Rides will take place on the last Thursday of each month.
- Details about each ride will be e-mailed out to members of the Group at least a week before the ride.
- You must read the ride details and the specific health and safety information for the ride before requesting a place on the ride.
- Group members should then let the Group convenor know, by e-mail, if they would like a place on the ride and to acknowledge that they have read the ride details and the specific health and safety information for the ride.
- Places will be allocated by the Group convenor on a first come, first served basis.

BEFORE THE RIDE

- You participate in a group ride at your own risk. It is your responsibility to ensure your own safety and consider the safety of others while on a ride.
- All participants must have read and acknowledged the Group's 'Risk Assessment for All Cycle Rides' received when you first joined the Group.
- All participants must have read and signed the Group's 'Health and Safety Declaration Form'.
- It is your responsibility to assess your health and fitness prior to a ride and decide whether you are fit enough to complete the ride.
- It is your responsibility to ensure that your bicycle is in good working order prior to the ride.
- You should wear suitable clothing and footwear. You are encouraged to wear a cycle helmet of the correct size and that is securely fastened. The ride leader may refuse to allow you to participate in the ride if in their opinion your bike is not in good working order, you are inadequately equipped, or you are unfit. When in doubt, contact the Group Convenor in advance.
- You should bring a suitable snack with you and water.
- If you find that you are unable to participate in a ride, please inform the Group Convenor as soon as possible so that your place may be offered to another member of the group.
- In accordance with U3A guidelines, any member who frequently books places on rides, and then regularly cancels, risks losing their place in the group.
- Members who have not attended a ride for at least 6 months will be removed from the Group.

ON THE DAY OF THE RIDE

- The group will meet at the start point detailed in the ride itinerary. It is your responsibility to be there and ready to depart at the stated time.
- The ride may be modified on the day in the event of problems such as roadworks, flooding etc. You must then follow and support the ride leader's decisions.
- During the ride you should keep the ride leader/main party in sight at all times.
- Please do not overtake the ride leader unless given the option to do so by the ride leader, for example, on a hill. If you do go ahead of the ride leader in such circumstances, please stop at the top of the hill and wait for the ride leader and the rest of the group.
- When you turn a corner please check behind you to see if those following have seen you turn. If not, please wait on the corner until the person riding behind you has seen where you are turning.
- There will be a designated back stop (a volunteer from the group) who will ride at the back of the ride.
- If you do become separated from the group for any reason contact the ride leader by mobile phone. Contact details of the ride leader will be issued to all those with a confirmed place on the ride.
- If a problem arises and you need to stop or leave the ride, you must inform the ride leader.
- If any member becomes unwell or is injured during the ride, the ride leader will follow the relevant procedures.
- In the event of punctures or other problems with a bicycle during the ride, the ride leader will follow the relevant procedures.
- U3A cycle groups are not required to have trained first aiders.
- However the U3A ride leader will always carry a basic first aid kit even if they have not had specific first aid training.

CANCELLED RIDES

- In the event of bad weather, the ride leader may cancel the ride.
- Ride participants will be notified, as soon as possible, by e-mail. Information about cancellations will also be posted on the Group's Whats App, which you are encouraged to join. The Group's Whats App should only be used for the cycling group's activities and not for personal or social reasons.