

Cycling Guidelines

All those participating in a U3A ride do so at their own risk.

Participants on BR U3A rides must be current members of BR U3A – prospective members are welcome on a trial ride before they join. Members of the U3A are covered by the U3A 3rd Party Liability Insurance whilst taking part in a U3A ride.

Before taking part in a ride, please ensure that you have a safe, roadworthy machine.

Suitable clothing is recommended, with an element of hi-viz if possible.

Helmets are strongly recommended.

Please carry a spare tube and a pump. It is recommended that lights are carried in winter—just in case delays mean that you run out of daylight.

In case of emergency (ICE) - it is suggested that you carry with you an emergency contact number plus a list of your medication and any allergies.

Safe Cycling Guidance

- Ride safely, following the Highway Code at all times
- If you are riding in a group follow the instructions of the leader at all times. Do not pass the leader unless he/she agrees.
- If you become separated from the group, do not take any risks in catching up - the group will wait for you. In a larger group we usually have a back marker; the back marker's function is to ensure that no one gets left behind. Mobile phones can also be useful here!
- When cycling in traffic, riders should ride not more than two abreast. Often riding in a single file is safer. If there are a lot of riders (say 6 or more) in the line cycle in small groups (3 or 4) and leave gaps between groups to let overtaking traffic come in if necessary. .
- Riders should not ride too close to others who may not be used to riding with you
- Shout warnings (e.g. "car behind!" or "horses ahead!") and signal riders if there is a danger in the road
- Let other riders know well in advance if you intend to stop – shout "Stopping" loudly
- Take care on all lanes, looking and listening for other users including walkers, horse riders and cars
- Take extra care at junctions and when crossing main roads, stopping to ensure that it is safe – make your own decision to proceed.

Most importantly, we are out to enjoy the ride – the only race is to the café!