

Monday Cycle Group

Objective: The object and purpose of the Monday cycling group is to promote enjoyment and health through cycling.

Rules and Regulations:

- The MCG will be managed by three elected officers: Chair, Secretary and Treasurer and a committee of Cycle Leaders
- Elections to these posts will be held annually at the AGM early in March . Officers may stand for re-election if they so wish but it is anticipated that the posts will be shared and rotated amongst the membership. In the event of more than one candidate standing for a post then selection will be by secret ballot by those at the meeting.
- All three Officers will be signatories to the Group account and two signatures will be required for any payment.
- In the event of the resignation of any Officer mid-term, an extraordinary meeting of the membership will be called within two weeks. A minimum of 12 members, which must include at least one of the remaining officers, will be required to elect a replacement to stand until the next AGM.
- A steering committee of four other MCG riders will join the three officers to assist in dealing with the day-to-day running of MCG. Each year two of these riders will stand down and be replaced
- Members of the MCG make one payment of the amount agreed by the AGM as an annual contribution to be collected after the AGM. Payment to be made in cash or via BACs
- Members of the MCG are required to read and comply with the Safety Guidelines and Ride Information as published on the Group's website: kl-c.org.uk
- As agreed at 2017 AGM, membership will be limited to 65 with a waiting list established for those who wish to join

By attending a ride, riders agree that they understand and will abide by the terms and conditions required by MCG for the safe participation in the activity and to act responsibly and to adhere to the rules of the road and countryside. Marshals, if they are used, are solely to indicate the direction and it is the rider's responsibility to ensure that any manoeuvre is carried out safely. By choosing to ride, riders are confirming that they are fit and healthy enough to participate in the ride advertised and their cycle is in a

safe, legal and roadworthy condition. They also must accept that MCG cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Ride Leaders have agreed to plan a route and guide others round but each rider is responsible for their own and others' safety at all times. If you are joining a ride please ensure that you have read through the following guidance as well as our "Rules and Regulations"

- Monday Ride Leaders will indicate on the website how many "participants" they feel can be accommodated safely on a ride and once that number has been reached then a "RIDE FULL" notice will be posted on the website. The "participant" number indicates how many riders who are not Monday Ride Leaders can attend and it will be left to the organiser of that day's ride to decide if extra Monday Ride Leaders would be beneficial. (A Monday Ride Leader is someone who has planned, researched, booked lunch and led a Monday ride)
- **where possible** a ride will be split into two groups each with a leader and back up departing some time apart to ease congestion on the roads and tracks
- Participant riders should consider taking out their own third party insurance before riding. Many home contents insurance policies give some level of cover but the policy available to individuals riding with us under our affiliation to CTC may offer better cover as it is cycle specific. Ask around amongst the Ride Leaders if you wish to take advantage of the CTC offer
- **if you intend to attend a Monday ride it is important that you notify the ride leader and book your place. You should only turn up if you have received confirmation to say that there is space and you are expected. If you have ordered food it is vital that you have a note of the lunch stop's phone number so that if you face some unexpected problem on the day, such as heavy traffic and decide not to attend, you can notify the pub direct and cancel your order.**

If intending to ride please observe these safety guidelines:

- ensure your bike is correctly maintained and is of a suitable type for the proposed route
- Before attending, assess the difficulty of the proposed route to ensure it matches your level of fitness and competence. If in any doubt always contact the ride leader
- Individuals should carry spares to effect repairs, especially correct size inner tubes
- It is essential that all cyclists carry a card with details of any pertinent medical conditions and an emergency contact name and number with them whilst riding.

During the ride:

- You are recommended to wear a helmet at all times when cycling
- Ensure you have the correct clothing for the weather conditions and bring along a drink
- Leave sufficient space to stop safely should the rider in front stop suddenly
- Riders behind must be aware that the rider in front may deviate from a course if they spot a problem
- Avoid overtaking in tight spaces
- If you feel the need to overtake **always** indicate in a loud voice which side you intend to pass **and wait until your request is acknowledged before proceeding**
- If travelling by road, sufficient spaces must be left in the "peloton" to allow overtaking vehicles to pull in safely if necessary. As a general rule, don't attach yourself to a group of 6 riders in front of you but hang back and leave a suitable space for a vehicle (which could be a lorry) to pull in.
- It is important to check the website prior to setting off for any given ride in case a cancellation has become necessary. A cancellation will certainly follow any published/broadcast weather warnings.

Riding in A Group

Communicate...

The most important factor to successful group riding is communication. Make sure you know the meaning of and always pass any verbal signals through the group. As well as obvious shouts such as "slowing" and "braking", others to be aware of are "car up", meaning there is a car ahead to be aware of, "car back", meaning there is a car behind and "single out", meaning to adopt single file.

Be aware...

Stay relaxed in the group but constantly look around and don't mindlessly follow the wheels. Look past the riders in front to get a heads up of the road ahead. Always look first and let the riders around you know before moving within the group.

Ride consistently and predictably...

Your movements will affect everyone in the group. Hold a straight line, don't weave and always overtake around the right hand side of the group.

Hand Signals

In addition to the standard directional signal of the left or right hand extended out to the side, which should be used whenever you are cycling on the public highway, other common hand signals used when riding in a group situation are:

One hand as if "gently patting an invisible dog": This shows that the group is slowing down or just to ease the pace back a bit.

Pointing down at the road sometimes with a circling motion: Indicates an obstruction or hazard on the road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles that should be avoided. This signal is often accompanied with a call of 'below'.

Waving/pointing behind back: Indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.