

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 together with ICE name and number with them whilst riding

During the ride:

- You are recommended to wear a helmet at all times when cycling
- 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
- 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.

