Reservoir Cogs

Cycling Rules & Code of Conduct

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| **Version** | **Date** | **Description of change** | **Prepared by** |
| 0.1 | August 2022 | Initial daft | Eoin O'Loughlin |
| 0.2 | October 2022 | Second draft | Eoin O'Loughlin |
| 0.3 | January 2023 | Third draft | Eoin O'Loughlin |

# Cycling Rules

* The rules of the road apply when cycling on the road.
* Wear a helmet on all club spins
* Make sure your bike is in good working order, especially brakes, tyres and wheels. Replace any lost bar-end plugs.
* Use mudguards in winter as a courtesy to other riders.
* Get familiar with the route; download to your cycling computer if you have one.
* The group rides in two abreast formation. Pair off in twos and rotate at the front every couple of minutes or so. The frequency of rotation depends on the size of the group, the weather, pace etc. Riders will often call "*roll over"* to indicate that the riders at the front should rotate.

Smaller groups may ride in single file. To rotate position, the lead rider should check it is clear behind, move out into the road and let the remaining riders pass on the inside. He/she can rejoin the group at the back.

* Maintain a steady straight line.
* No sudden movements. Be predictable with all your actions. Avoid braking or changing direction suddenly. Likewise, don't get out of the saddle abruptly. It could cause the rider behind to hit you.
* Lead riders should use hand signals to indicate stopping or turning as well as clearly audible shouted instructions.
* Point out and call out any road hazards ahead. These include potholes, drains, speed ramps, animals, parked cars, opening car doors, wet or icy road surface, etc.
* Don't overlap wheels. A slight direction change by the rider in front could easily catch you out. If you 'touch wheels' with the rider in front it's tough to keep upright.
* Ride at a pace suitable for group; inclusivity should be prioritised over speed.
* Make sure to keep pedalling down hill when you are at the front of the group so that the riders behind don't bunch up behind you. It can be a bit fraught if everyone has to reach for their brakes.
* No half-wheeling! Stay alongside and don't increase the pace to move a half wheel ahead of the rider alongside. He/she will have to speed up to maintain the two-by-two formation and the speed will escalate unnecessarily. Don't acquire a reputation as a 'half-wheeler'!
* Call "*standing*" before moving from the saddle to a standing positions.
* In large groups or windy conditions, hazard calls should be repeated throughout the group so all can hear.
* Be smooth with your turns at the front of the group. Avoid surges.
* Don't sprint up to take your turn at the front. Move up smoothly with a small increase in pace and ease that pace ever so slightly when you move alongside.
* Avoid leaving gaps when following wheels. Cyclists save a huge amount of energy by following in the slipstream of the rider in front. However, don't become mesmerized by the rear brake of the rider in front as you concentrate on staying close as there's a good chance you'll ride into it! Keep looking well ahead to spot hazards and terrain changes.
* When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
* Don't panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps.
* Bring a minimum of one spare tube, tyre levers and a pump. A second spare tube and a multi tool can be useful too. Also, bring some money in case you need emergency food supplies and a mobile phone in case you get stranded.
* Bring plenty of water and some food, especially for rides over 2 hours.
* **Regrouping**

Spin leaders should keep an eye out for any dropped riders. Other riders should inform the spin leader if someone is dropped.

Regrouping should be done at the next safe appropriate location, e.g. at the top of a climb or next junction.

Spin leader should regroup at the last junction off the official route prior to the coffee stop.

Regrouping should occur at the top of most climbs and at traditional regrouping spots, e.g.

* + Top of Wicklow and Sally Gaps
	+ Top of Glenmacnass waterfall
	+ Laragh
	+ Glenmalure
	+ Eadestown church (towards Blessington)
	+ Lockstown junction (towards Valleymount)
	+ Ardenode junction (towards Ballymore Eustace)
* **Interactions with traffic**
	+ Riders at the front and rear should warn of approaching cars, particularly on narrow roads. Call “*car up!*” to warn of cars overtaking from behind & “*car down!*" when cars are approaching from the front.
	+ Riders at the front should call the location of pedestrians, runners, other cyclists and animals etc. in plenty of time for the group to respond.
	+ Calls to single out, pull over or "tighten up" should be made by the spin leader to avoid multiple riders shouting conflicting instructions. Other riders should advise the spin leader if they believe such a call is warranted.
	+ Be courteous and facilitate other road users as much as practical but do not wave traffic through from behind or encourage overtaking on a potential dangerous stretch of road.
	+ Be very careful around horses: slow down, keep your distance (single out if necessary) and aim flashing lights towards the ground.
	+ Never engage with other road users in an angry or offensive manner.

# Code of Conduct

1. Members are to have a valid, in-date Cycling Ireland license before cycling with the club ("guest" rides are exempt).
2. As members of Cycling Ireland, you agree to abide by all Cycling Ireland rules and code of conduct (see below). Rules are subject to change, members should check Cycling Ireland website for any updates.
3. Members should be available, whenever possible, to assist with cycling events run by the club.

Members should not cycle in any cycling events run by the club without a request from the organising committee.

1. Members are not to participate in organised cycling events, including Randonees, Sportives and Audax events, without a official entry in their own name.

Members are requested not to encourage or discuss on any forums, including websites or social media outlets etc. joining such events without an official entry in their own name.

1. Members are to address any issues or complaints to the club secretary (or chairman, should the complaint be about the secretary). Members are not to use websites or social media outlets to raise complaints or to disparage other members.
2. Members are not to behave in any manner that brings the club into disrepute.

## Cycling Ireland Code of Conduct

* Cycling Ireland members are to treat each other in a respectful and courteous manner and in compliance with the principles of fairness, reasonableness, due process and natural justice.
* Cycling Ireland members are to participate in a sporting manner, not deliberately endanger fellow participants and refrain from any acts of violence, threats or insults.
* Cycling Ireland members are to be mindful of the welfare of others.
* Discrimination is not to be tolerated.
* Cycling Ireland members are to present a positive view of cycling to the public at large.
* Cycling Ireland members must not engage in behaviour that amounts to, or could be construed as, abuse of any kind including sexual, physical and emotional abuse.
* Disparaging or inflammatory remarks are not to be made on websites, social media outlets etc. under the control of Cycling Ireland or its constituent Provincial Executives, Commissions or Clubs nor is content that is hateful,threatening, pornographic or that contains nudity or gratuitous violence to be posted.