

TVR Hand Book

The Tees Valley Riders club considers the safety of all cyclists who take part in our rides very seriously. As such, we undertake a yearly risk assessment of our club's cycling activities. We aim to promote safe cycling habits through our TVR Handbook and ensuring our members wear a helmet during our rides.

As an affiliated club with British Cycling, they provide our members with third party insurance whilst cycling as part of a planned ride. In the event of an accident or serious near miss occurring during one of our planned rides, a representative of the club will complete the necessary British Cycling Incident form, as part of the club's safety culture.

We believe it is important to gather information about accidents and near misses during a club ride and providing British Cycling with an incident report. This in turn provides the British Cycling organisation the necessary evidence to campaign for an improvement in the culture and environment for cycling, which will benefit all cyclists

TVR Ride Etiquette

- 1 As we share the road with other users, it is important to be aware of the Highway Code (2017) as a cyclist and adhere to it at all times. Please ask if you are unsure.

<https://www.gov.uk/guidance/the-highway-code>

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

<https://www.gov.uk/guidance/the-highway-code/annex-1-you-and-your-bicycle>

- 2 All riders shall treat other riders within the group with courtesy and respect. They must also treat other road users with the same courtesy and respect.
- 3 All riders shall wear a helmet during our rides.
- 4 All riders should carry necessary equipment, in the event of a puncture, such as puncture repair kit, spare inner tube and bike pump.
- 5 Riders are advised to bring adequate supplies of snacks, fluids and appropriate clothing for cycling in varying weather conditions.
- 6 Parents, guardians or responsible adults should be aware they are expected to assist their children throughout the rides.
- 7 A ride leader is present not only to direct the ride but also to keep the pace of the group. Should the leader slow down or drop back this should never be seen as an invitation to get to the front and 'up' the pace.

- 8 The ride leader will always suggest that a competent rider stays at the back of the group to ensure that no one is left behind. Should anyone be struggling with the pace or have mechanical problems, this person will be responsible for getting a message to the ride leader.
- 9 If you find that the pace is too fast, you should slow down so that the group knows that you are finding it too fast. If you try to keep up, it is difficult for others to know that you have a problem.
- 10 All riders have their off days. Should anyone really feel unable to continue a ride it is important to let the ride leader know in the first instance. Unless the ride is part of a challenge, routes can generally be changed and cut short to get you home as soon as possible.
 - 10.1 Alternatively, if a rider wishes to leave the ride for any other reason during the ride, they should inform the ride leader of their decision.
- 11 Tees Valley Riders encourage all to do as much or as little as they wish. Showing off is unacceptable and frowned upon.
- 12 It is quite common for the group to split up a bit during uphill climbs due to differing abilities; this is quite acceptable so long as riders regroup at the top. It is also important to regroup at the bottom of hills to ensure that all members have made the descent safely. It is important that no one be left alone at the back of the bunch.
- 13 Riders are responsible for their own actions and should not do anything that puts other riders in the group in danger. Please remember you are riding in a group and be aware that any manoeuvre could have unintended consequences.

Remember, to pedal in a smooth and predictable manner. Remember to use hand signals and communicate for any alterations to speed, direction or hazards on the road.

- 13.1 Please do not undertake any rider on their left side. Nor should you at a left hand junction 'ride on the inside of vehicles signalling or slowing down to turn left'

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82> (June 2017).

- 13.2 Riders should 'never ride more than two abreast, and ride in single file on narrow or busy roads and when riding round bends'

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82> (June 2017).

When the road conditions and traffic allow for safe riding two abreast you should maintain 'an even pace and stay with the person next to you. Do not constantly up the pace whenever a rider draws level to you. Known as "half-wheeling" this is definitely frowned on'

<https://www.britishcycling.org.uk/knowledge/article/izn20121221-group-ride-0> (June 2017).

- 13.3 When turning 'right, check the traffic to ensure it is safe, then signal and move to the centre of the road. Wait until there is a safe gap in the oncoming traffic and give a final look before completing the turn. It may be safer to wait on the left until there is a safe gap or to dismount and push your cycle across the road.'

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82> (June 2017).

- 13.4 When riding on narrow country lanes it is advisable to return to single file for bends in the road.
- 13.5 When riding on narrow country lanes, it may be advisable to occasionally pull over to the left to allow other road users to pass.
- 13.6 When riding in a group greater than 8 riders, ideally a gap should be left between the groups of 8 riders to assist with overtaking vehicles.

- 14 Members are reminded that we are a social riding club and have no desire to be a racing club.

Further Information:

For more information and a video on group riding, we recommend:

'How to ride in a group – Ridesmart'

<https://www.britishcycling.org.uk/knowledge/skills/sportives-ridesmart/article/izn20151117-Sportives--Ridesmart--Related-How-to-ride-in-a-group--Ridesmart-0>

<https://www.youtube.com/watch?v=IK5MPtMrMqU>

<https://roadcyclinguk.com/how-to/technique/technique-stephen-roches-group-riding-tips.html#cvuYVcpqvjDst5Uq.97>

<http://ukcyclelaws.blogspot.co.uk/p/the-laws-according-to-highway-code.html>