



Code of Conduct

What is and isn't expected in our club and on our Rides

VCB

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1 Purpose

- 1.1 Velo Club Bridgford was established in 2015 and since then we have had many riders join us, and ask a variety of questions. (We have also seen many riders develop their skills and move between groups). This document sets down expectations of behaviour and seeks to answer most of those questions.
- 1.2 This is also about empowering more people who want to organise rides – by giving clear guidance to all as to what is and isn't expected without becoming overbearing. The Code of Conduct aims to provide some governance and structure to the way in which the Club is run, without being over prescriptive.
- 1.3 This is designed to be a workable “living” code; It needs your input to make sure the Club continues to evolve and so that we all know where we stand.

2 Behaviour on a Ride/ Ride etiquette/ Expectations of Individuals

2.1 Required

- 2.1.1 You are responsible for your own safety, and your actions must not endanger another rider.
- 2.1.2 Leave no trace – no littering folks.
- 2.1.3 No Helmet, no ride – they are compulsory on our rides.
- 2.1.4 Communication with your fellow riders (i.e. road surface; holes, grates, debris, gravel, Directions; left, right, straight on, 2nd exit. Vehicles; car up, down, moving out. Pace warnings; steady, easy, keep going/increase pace; gaps, last one across a junction, through a manoeuvre, round a bend etc. shout “all in”)
- 2.1.5 As appropriate, at the request of the ride organiser, single out/double up, close the gap, tighten up. Important when a car overtakes the group.
- 2.1.6 Using a mobile phone whilst riding on a VCB ride is forbidden. Riders who chose to use a mobile phone whilst riding may be asked to leave the ride.
 - 2.1.6.1 This a contentious one, and comes down to the safety of the whole group. The Police guidance is: "Using a hand-held mobile phone whilst cycling is not illegal per se. However, you could commit an offence of careless cycling. It is also not advisable for the obvious safety reasons."
- 2.1.7 Distance, Elevation & Speed. We encourage your development, but read the ride description, and ask questions, be realistic about the rides you are signing up for.
- 2.1.8 Familiarise yourself with the route and ideally load onto your Sat Nav - i.e. know where the ride is going and terrain to be ridden.
- 2.1.9 Be self-sufficient. Carry spare tube(s), and a means of inflation. Know how to use them. Bring water and food.
- 2.1.10 Please arrive at the event fit to ride.
- 2.1.11 Understand that whilst on a Club ride or in club kit, you are the face of the club, therefore behave appropriately.
- 2.1.12 Ensure you are courteous to fellow riders and ride organisers.
- 2.1.13 On the Road
 - 2.1.13.1 Be mindful that you are a vulnerable road user.
 - 2.1.13.2 Be courteous to other road users, such as pedestrians, drivers and horse riders.
 - 2.1.13.3 Obey the rules of the road and the highway code
 - 2.1.13.4 Familiarise yourself with the highway code and how it applies to cyclists (<https://www.gov.uk/guidance/the-highway-code>)

2.2 Strongly Recommended

- 2.2.1 Road Positioning

- 2.2.1.1 You should ride in Primary position wherever possible. If riding two abreast, you should form two straight lines, in Primary and Secondary Positions, See Appendix 3 in the Information pack for further information.
- 2.2.2 Routes should be posted in the Ride Event notice on the VCB Rides and Events Page at least 24 hours prior to an event.
- 2.2.3 No hands – don't push or assist another rider without gaining permission first.
- 2.2.4 Group size of 12. Ride Organisers should consider splitting into two smaller groups once rides get beyond this size.
- 2.2.5 Do not be tempted to get into arguments with the general public, (including rude gestures). This tends to exacerbate the situation and can bring the Club into disrepute.
- 2.2.6 If you intend to go on a ride, please click Going. If you can no longer attend, please book off (Can't Go).
- 2.2.7 Individual British Cycling membership is recommended, but not compulsory. BC membership many benefits, including insurance should there be an incident.
<https://www.britishcycling.org.uk/membership>

3 Expectations of Ride Organisers

All regular rides posted on the VCB Ride and Events Page by members are considered “Club Rides” and must abide by the Code of Conduct.

- 3.1 Set up an Event
 - 3.1.1 Distance
 - 3.1.2 Elevation
 - 3.1.3 Speed
- 3.2 Post a route (ideally at least 24 hours prior to the event)
- 3.3 The following disclaimer must go on all rides (for your protection)
 - 3.3.1 “All riders participate at their own risk, and are responsible for their own safety”
- 3.4 A good Example of a ride Blurb is as follows
 - 3.4.1 “Approximately xx mile ride planned to arrive at xx at about xx.
 - Familiarize yourself with the planned route before the ride.
 - Make sure you have experience in club rides and safe bike riding.
 - Ensure you are able to maintain the minimum published speed over the course posted
 - Check your tyre pressures before the ride to make sure they are correct and to minimize the risk of punctures.
 - Fit adequate mudguards and lights during the winter months
 - Always carry at least one spare inner-tube.
 - A Helmet is mandatory
 - VCB Code of Conduct to be followed.
 - All Riders take part at their own risk and are responsible for their own safety
- 3.5 Pre-ride Briefing: Cover the following:
 - 3.5.1 Distance
 - 3.5.2 Elevation

- 3.5.3 Speed
- 3.5.4 Drop /no Drop
- 3.5.5 Route
- 3.5.6 Café (or Pub, some might say, the most important detail)
- 3.6 Keep to the specification of the Ride Description unless the conditions change. The Ride Organiser should take appropriate decisions *The Ride Organisers* decision is final.
- 3.7 Keep the group together wherever possible, but split the group if appropriate.
- 3.8 Some Routes are available at <https://ridewithgps.com/groups/Velo-Club-Bridgford> Feel free to use these and add other routes to the group. If using someone else's route, please credit them.
- 3.9 Have a Plan B in mind should a ride needs to be cut short, i.e. can you shorten the route in case of an emergency.
- 3.10 There is a WhatsApp group should you need help – you can join it by clicking here <https://chat.whatsapp.com/JFPdYyAs20BqyHE9aemIF>

4 What is not expected of Ride Organisers

- 4.1 First Aid Training (The Committee will endeavour to provide some basics through organised training)
- 4.2 Formal qualification.
- 4.3 Bike maintenance/mechanical expertise.

5 Breaches of the code of Conduct

- 5.1 Reporting
 - 5.1.1 Breaches of the Code of Conduct should be sent to the Club's email address, veloclubbridgford@gmail.com. Appendix 1 (Found in the Information pack) should be completed to give the committee the information required to investigate.
- 5.2 Investigating
 - 5.2.1 Breaches will be investigated by the committee, and a variety of outcomes could be reached.
- 5.3 Outcomes
 - 5.3.1 No Action
 - 5.3.2 Advice
 - 5.3.3 Warnings
 - 5.3.4 3-month suspension
 - 5.3.5 Permanent Expulsion