

Cycling: Addressing Risk

This document explains the responsibilities of both the group leader and the individual riders on U3A cycle rides. The important thing to remember is that these are social rides, for the enjoyment of all participants. The ultimate responsibility for safety rests with each rider, but the leader will arrange things so that this enjoyment can go on in a safe environment.

Leaders

They will choose and prepare routes.

They will publish a list of rides which will include grades of difficulty and length of the ride so participants can choose whether to take part.

In the event of bad weather they will cancel the ride contacting participants by phone or email.

They will have a map with them, even if electronically.

They will instruct riders on behaviour, especially on busy roads, where other road users need to be considered. On such roads riders should be in groups of two or three with a sufficient gap between for vehicles to pull in so that they are not faced with a long line of slow moving cyclists.

There should be a deputy leader, allowing one experienced rider at the front of the group and one at the back.

The leader will keep a register of participants.

Leaders will be aware of keeping the group together. No one will be left behind.

Riders

Riders should wear helmets and high visibility clothing.

Riders should provide the leader with their mobile number and an emergency contact number.

Riders will ensure their bike is well maintained and will carry a spare inner tube and pump.

Riders should be familiar with national regulations relating to cycling on roads.

Riders should, carry a message in a wallet or similar to help leaders deal with any medical emergency.

Riders are advised to have water and some food with them.