

## Riding with CTC Lancaster & South Lakes

The main purpose of Cycling UK (CTC) is to organise and encourage cycling. Lancaster and South Lakes' principal activities are weekly club rides, cycle tours and associated social events.

### Ride discipline.

The basis of all ride discipline is the **HIGHWAY CODE**. We require members of club rides to obey its rules and recommendations **at all times**.

### Ride etiquette.

Riding a bike means sharing the road with others - walkers, other cyclists and drivers of vehicles. This means we are sometimes inconvenienced and endangered by others (*and vice versa*). A group is more inconvenient to others than a single cyclist, so riders need to remain aware of this:-

- 1) to avoid injury to each other and other road users
- 2) to evade danger from other road users.
- 3) to minimise avoidable inconvenience to other road users.

*A large group gives an example (good or bad) to others of how cyclists behave.*

Riders **must** ride **no more than two abreast** except when overtaking (Highway Code).

However, a large group can and should also reduce inconvenience to other road users. **Breaking into smaller subgroups of between five and eight with a gap of a few cars' lengths (at least 50m) should be the normal mode of riding.**

*(Leaders or riders should not be embarrassed to remind people.)*

*In our club, we have found it useful if the leader appoints leaders for sub-groups, to remain at least 50 metres behind the subgroup group in front. If the group stops, the subgroups should wait before setting out again.*

*This demands discipline and co-operation from all riders to stay in their subgroup. Using this technique, it is possible to leave a gap into which overtaking vehicles can fit.*

### Group Communication.

Cyclists share with pedestrians the advantage of being able to talk or shout to each other to help stay safe. The following safety calls are commonly used:-

- **"CAR UP"** and its variants mean there is a vehicle about to or wishing to overtake the group. The riders should single out and leave gaps to make it easier to overtake safely.
- **"CAR DOWN"** and variants means vehicles have been spotted coming towards the group. On narrow roads, this means riders should single out to allow the vehicle to pass safely.
- **"BELOW"** gives warning of a hazard on the road surface – a pothole, drain cover, fallen branch etc. Riders may, also or alternatively, point downwards on the side where the hazard has been spotted.
- **"ON YOUR LEFT"** means that there is an object to be passed by the group, e.g., a parked car. *(The forward view of riders is often obscured by those in front, so this call is more useful than it may seem).*
- **"STOPPING"** or **"SLOWING"** should always be called by a rider who needs to slow or stop or pull in to the side. It is helpful to relay this back to others behind you. *(Cycle groups commonly ride very close together and omission of these calls often leads to collisions and falls.)*

### Keeping the ride together

The ride leader will not necessarily be always at the front of the group, but the group should be cohesive, not leaving anyone behind or getting too far ahead of the leader. It is physically inevitable that the ride must be at the speed of the slowest rider, so faster riders must be willing to stop and wait if they decide to ride ahead of the group and the leader. Riders who get ahead should always stop at some safe place at or near the top of a hill or at any road junction (safely avoiding obstruction of traffic). Riders who want to shorten their ride or vary their route **must** let the leader know, ideally in advance *(The leader will not want to send out a search party.)*

## Enjoy your ride and look after each other!