

## Cherry Capital Cycling Club

### Rider Responsibility Handbook

**Welcome to the Cherry Capital Cycling Club. Our aim is to conduct Club rides that are fun, include friends, encourage fitness and emphasize SAFETY. Thank you for being part of the Club.**

Even though the threat of Covid-19 has lessened over recent months, it nonetheless still exists and needs to be treated seriously. It is because of this continuing threat that we ask all riders to be respectful of their own health and the health and welfare of our fellow riders and to abide by these simple rules for club rides:

- Stay home if you are sick, exhibiting symptoms or have been exposed to/or tested positive for Covid-19
- Carry your own water and hand sanitizer
- No spitting or “snot rockets” when anywhere close to another rider
- When in a group, cover your mouth/nose when coughing or sneezing

### **Rider Responsibilities**

#### **The Basics:**

- 1) Maintain your bike in good working condition
- 2) Make sure you bring the following on any club ride (spare tube, tire tools, pump or CO2 cartridge, water and an energy snack)
- 3) Choose your ride carefully to match your current abilities for both speed, distance and terrain. If a ride is listed as 14-16 MPH average, it is probably not a good choice for a rider comfortable with riding at 14 MPH as a maximum speed. It is also important to factor in how flat or hilly the ride might be into your selection process. If in doubt about whether a ride might be a good fit for you, ask. You can send a note to the member posting the ride (Ride Leader) or the Ride Director if you need clarification.
- 4) Arrive at the ride’s starting point well enough in advance to be ready to roll at the posted time, leaving time to get your bike and other equipment ready as well as any bathroom stops.
- 5) Make sure your name is legible on the rider sign-in sheet. You must sign in for yourself only.
- 6) **Carry your cell phone on the ride.** Make sure you have the contact number for your Ride Leader before you depart the start in case of emergency.

- 7) It is highly recommended for riders to carry some form of personal identification and an emergency contact phone number. Also, any medical issues or drug allergies that emergency personnel should know should also be carried with you during a ride. Road ID is a great means of doing this.
- 8) Make sure you listen to all pre-ride announcements as important information such as route changes, re-grouping spots and/or road conditions will be dispensed.
- 9) Some Ride Leaders may break into smaller groups based on pace and may have predetermined regrouping locations. Your Ride Leader will indicate these protocols for his/her ride during the Pre-Ride announcement. For increased rider safety, please stick with a group. If you get separated and need assistance call your Ride Leader.
- 10) Inform the Ride Leader or the sweep (if there is one on your ride) if you must leave the group before the end of the ride. If you finish early, make sure you know the protocol for finishing a ride. Many times the Ride Leader will leave the sign-in clipboard on their car windshield so early riders can fill in their final miles and the leader knows you finished the ride.
- 11) In case of medical or mechanical problems, members should aid each other and inform the ride leader or sweep of any problems.
- 12) Follow the Michigan Bicycle Rules of the Road and safe group riding tips  
<https://michiganbicyclelaw.com/michigan-rules-of-the-road/>
- 13) **Wearing a helmet is required on all CCCC Club Rides or Events.**
- 14) The use of earbuds or “over-the-ears” headphones are strictly prohibited on all club rides.
- 15) The use of “aero” handlebars are not allowed in any situation in which riders will be riding in tight groups such as a paceline.
- 16) If you are involved in an incident or accident, make sure you or someone you are with informs the Ride Leader and fills out an accident report form. This form, available from your ride leader, needs to be completed and returned to the ride leader within 3 days of the accident.
- 17) Every rider is ultimately responsible for their own safety during a ride. Be mindful of other vehicles and cyclists around you and be considerate and share the road responsibly.

## **Group Riding Etiquette**

- 1) Be predictable.
  - In a group, your actions affect those around you, not just yourself
  - Riders expect you to continue straight and at a constant speed.
  - Signal your intentions to turn or slow down BEFORE you do so.
  - When riding in a group, watch out for other cyclists around you and NEVER overlap wheels with another cyclist. You should always keep at least 1-2 feet distance between you and the bike in front of you.
- 2) Use Signals.
  - Use hand signals to indicate turns and point out hazards to others
  - Left or right arm straight out to indicate a left or right turn respectively

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- Left arm out and down with palm to the rear to indicate stopping or slowing, while announcing “stopping” or “slowing”
- 3) Give warnings.
    - Ride Leaders (or anyone in the lead) should call out turns and stops, in addition to hand signaling.
    - Announce turns before the intersection to give riders a chance to position themselves.
    - Try to avoid sudden stops or turns except for emergencies
    - When announcing conflicting traffic: indicate the direction and where the conflict is expected:
      - “Car – Back” this is responsibility of the riders in the rear of the group
      - “Car- Up”
      - “Car Passing”
  - 4) Announce hazards
    - Most cyclists do not have a full view of the road while riding in a group so call out:
      - Pot holes
      - Gravel/sand
      - Debris of any kind (sticks, glass, rocks, etc.)
      - Point out parked cars or other obstacles on the shoulder like trash cans
  - 5) Watch out at intersections
    - Rider in front should announce slowing and stopping at an intersection.
    - Every cyclist needs to confirm that it is safe to cross an intersection and not rely on the rider in front of them.
  - 6) Leave room for vehicles.
    - On narrow roads or during a climb, leave space between every three or four riders to allow faster vehicles a chance to safely pass.
    - On narrow roads, it is better for riders to ride single file on busier roads. Even though the law allows cyclists to ride two abreast, it is not ok to impede traffic by doing so. Single-up until traffic volume allows riding side by side. It is never ok to ride more than two side-by-side.
  - 7) Stop off the road.
    - When stopping for any reason, always move clear off of the road.
    - You should only move back onto the road as a group if conditions allow.
  - 8) Be respectful of other road users including other cyclists who may wish to pass. Single up and let faster riders pass when it is safe to do so.

We are always looking for good Ride Leaders. Any Club Member can become a Ride Leader. If you are interested, please contact the Ride Director for more information at [ridedirector@cherrycapitalcyclingclub.org](mailto:ridedirector@cherrycapitalcyclingclub.org)