

## **Core Tenets of CCBC Riding, May 2021**

### **Ride Start**

- Arrive at ride at least 15 minutes before ride start to reduce chaotic starts.
- All nonmembers must have signed the non-member waiver of liability, which is on the website. It can be done prior to coming to the ride or, using a smart- phone, just before the ride starts. The waiver offers supplemental medical insurance to a non-member for ONLY ONE RIDE for this date. To continue riding with CCBC they must become a member.
- Prior to the ride start the group leader should identify the distance, general route, potential hazards, and a sweep. Generally, groups should be limited to 10 riders.

### **Equipment**

- Helmets, personal identification with emergency contact information, and sufficient fluids to avoid dehydration are required.
- A whistle, cell phone, high visibility gear, mirror on the bike or helmet, and operating lights on the front and rear of the bike are highly recommended.
- Headphones and other listening devices, other than hearing aides are not allowed on club rides.

### **Ride Safety**

- Do not call "Clear" at intersections. Every rider must assess for themselves when to proceed.
- Ride single file except at some traffic signal lights. At these lights stay in the proper lane and return to single file after clearing the intersection.
- Before passing another rider, check behind for oncoming cars or cyclists.
- Always announce when passing another rider on the left; never pass on the right.
- Do not follow too closely or overlap wheels. Apart from pace line riding, allow 3 (three) feet of space for each rider.
- Safely move from the road or trail when stopped to avoid obstruction of traffic.
- The sweep should assure that no rider is dropped, left behind, or left alone. If a rider wishes to leave the group on a club ride, they should inform the ride leader or sweep. On departure from the group the rider is no longer covered by the club insurance.
- Riders should use appropriate arm and voice signals to indicate slowing, turning, stopping, hazards such as holes and debris, as well as vehicles, bikes and pedestrians approaching from the front or rear. These arm and voice signals should be echoed aloud by all members of the group.
- Turns, bridges, traffic circles, and the rising/setting sun represent high risk dangers. Riders must learn and adhere to left/right turn protocols. Ride leaders should plan routes to avoid dangerous situations such as left turns especially into the rising sun.