



Group Cycling Guidelines

Safety is paramount - Be aware that everything you do has a knock-on effect on everyone behind and beside you. You are responsible for the safety of everyone around you as you are for your own wellbeing.

Before setting off on any cycle – each cyclist (from experienced to novice) should go through the following basic checklist - this should make your cycle safe, enjoyable and easier:

- Have at least one spare tube
- Carry a hand pump or gas.
- Check the brakes work!!
- Check the tyre pressure and condition. **Preventing** a puncture is better than mending one at the side of the road....
- Bring at **least** one full drink and a small snack – in event of unforeseen problems. People **can get lost – and hungry**.
- Tri Bars should not be used on a group cycle - they can cause injury in the event of an accident / fall, and lack of control when on tri bars can cause an accident.

Adhere to the rules of the road – they're there for a reason – to protect you and others. And remember **you're representing the club when you're out there – particularly if you're wearing the club gear!!**

- NO cycling more than 2 abreast
- Do NOT break red lights.
- Use hand signals (where possible & if you feel safe to do so) to warn traffic of any oncoming manoeuvres
- It's important that you let everyone behind know what's coming up. Those at the back won't be able to see, so are relying on you to give them adequate warning and keep them safe.
- Be visible – wear bright clothing if possible at all times and reflective gear if it's a dull evening.
- Don't half wheel. When you hit the front, keep the pace consistent and matched to your riding partner. The cyclist on the left-hand side dictates the pace.
- When you hit a hill, maintain your effort level, not your speed.
- When you come through for your turn at the front and move over to the recovering line on the left hand side, do so smoothly and close to the rider you are taking over from. Don't leave them with a massive gap.
- Don't leave gaps. If you are struggling to close a gap, wave the rider behind you through.
- Don't nail yourself trying to do super-hard turns if the pace is above what you are capable of or you know you are tiring. If you start to get dropped, the group will have to slow down to look after you, or in some cases you will be abandoned.

LIMERICK TRIATHLON CLUB

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- Do your fair share of work at the front. If you are hanging and can't take a turn, stay back rather than disrupt the rhythm of those who are working. Consider riding with a different group
- Don't ever sit at the back on a group ride doing nothing all day and then brake cover simply to win a town-sign sprint or hill climb. If you are that strong, get yourself to the front. You are there to work and get fitter.

Everyone wants a good training session when they're out cycling - but where possible and for the more experienced club members – it would be great if we could keep an eye on fellow club members on cycles, ensure nobody gets lost or dropped from the pack, or injured.

If this happens it is good to ensure they are ok to return home themselves while the others go on, or that they're with someone if they need help through injury or some other circumstance.