



Group Ride Etiquette

January 2020

Knottingley Velo (KVelo) uses the British Cycling Code of Conduct. Please take time to read this and follow at all times. https://www.britishcycling.org.uk/zuvvi/media/bc_files/rulebook/2018/21_Code_of_Conduct.pdf

As a member of KVelo, you represent our cycling club. You should follow the Highway Code and act in a respectful manner to fellow Club members and all road users at all times.

KVelo must be represented in the right way by all its members in the events and rides they participate in, such as:-

- KVelo Club rides and social events
- Official British Cycling events (sportives and races)
- Non-BC affiliated sportives.

KVelo do not have 'ride leaders'.

Club Rides are posted with details of the route on Facebook Rides and Events page. There is a collective responsibility within the group of riders for any incidents or issues encountered on that ride.¹

In the event of an emergency, whilst several members are first aiders, the Club does not provide first aid cover or medical support.

- It is the responsibility of the group to implement support for any injured party.
- Riders are responsible for their own health and safety at all times - we recommend carrying a personal small first aid kit.

Pre-Ride Check List:

- Read the ride description, understand the ride classification ²
- Arrive a minimum of 5 minutes before the ride start time
- Wear an undamaged helmet which fits properly
- Cycling glasses / sunglasses
- Spare inner tubes; tyre levers; pump and/or CO2 canisters; multi-tool *
- Water bottle(s); food/energy bars/gels to maintain energy levels
- Money for café
- Mobile phone
- Emergency contact details **
- Medication – if required
- Winter – emergency foil blanket; appropriate clothing; rain jacket; lights
- Small first aid kit

Riders under the age of 16 must be accompanied by a parent or guardian - we encourage parents to ride within the capabilities of their children - safety is paramount.

* In a group ride, when there is a puncture the whole group will stop and wait at a safe location, off the road if possible.

** All members must carry emergency contact details and notes of any relevant medical conditions that the emergency services may need. Your ICE (In Case of Emergency) number should be on the home screen of your phone (even when it is locked) and also in your contacts list. Alternatively have the number on your Garmin or on a card in your saddle bag.



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In-Ride Overview

KVelo ride two abreast - the group formation in all ride classifications is tight

- No more than half a handlebar wider than the rider next to you
- Stay close behind the rider in front - a safe distance is between ½ a metre and 1 metre
- Outside rider should be a minimum 1 metre inside the central white line
- Focus for all is smooth riding and maintaining the group format
 - Try to anticipate what is happening ahead
 - Front riders should not push too hard - up hills or when leading out from junctions
 - When a split happens, front riders must slow the pace to allow riders to re-join
 - When the group comes back together the “all on” shout should be made by the back riders
- Calls should be passed up and down the line, it's hard to hear when there is a big group or when it's windy
- As a front rider you are the eyes for the group – one of your responsibilities is to keep the pace consistent with the ride classification and shout or signal hazards
- As a back rider you are the eyes behind for the group – your responsibilities include alerting re cars behind and to confirm any “out” instruction made by the front riders “clear behind”.
- Avoid heavy braking and don't over react.
- Riders should only pass on the right and must shout “on your right” when approaching from behind.

It's good practice to hold your line when riding in a group. Should you need to change lines - for your own safety (and that of your fellow members) look around, communicate and indicate with your hand where you want to go – only execute the move when it is safe.

Be aware of your ride group; don't let riders get dropped. Similarly if you are struggling shout ‘knock a mile off’ and do that before you've burnt all your matches!

On longer rides there may need to be a comfort break. If necessary, please act with modesty, be respectful to both other riders and the general public.

Our Club ride routes regularly bring us into contact with horse riders. The first two cyclists in a group will call to the horse riders well ahead of passing them. Horses cannot see behind and may be spooked by a cycle – voices giving a cheery “Good morning” etc. will alert the horse and rider. The group will slow down and pass the horse as wide as it is safe to do so, but keep pedalling - the free-wheel hub noise can spook a horse. The horse rider may want to turn the horse so it can see you. Remember it is the horse that is the potential hazard not the rider. The last two cyclists should let the horse rider know that the group has finished passing.

Runners, pedestrians, dog walkers and other cyclists: Treat the same as horses - they need to know you are approaching.

Do Not:

- Ride on the wrong side of the road – no matter if on a quick descent or overtaking riders.
- Jump red lights, they are there to control traffic and for your safety – priority is to keep the group together.
- Roll up the inside of queuing traffic. The group will hold position in the queue.
- Respond to motorists in an abusive way - give them a friendly wave and spread the KVelo love – remember you're in your club colours.



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KVelo Ride Classifications²

The principle for our KVelo Ride Classification relies on all riders being honest and self-aware of their personal capabilities.

If in doubt ask – a general rule of thumb for newer members is to start in the Social groups and work your way through the ride colours.

The group will aim to ride to the classification set:

- A red/black rider joining a blue ride must not expect the ride to increase pace to red or black.
- A blue / purple rider should not join a red/black ride and expect the group to slow its pace to 15 mph.
- Pick the right group and ride with members of a similar ability.
- Be realistic about your health – if you've been ill or are recovering adjust the group you ride opt to ride with.

Transition rides / routes will be specified throughout the summer season – if in doubt ask.

Ride Classification	Average Speed (mph)	Additional Info
Dirty	Not specified	Trail and MTB rides
Green	11 - 14	Beginner ride, adapted route and distance – adhoc provision
Blue	14 – 16	Reduced distance route
Purple	15 – 17	Full distance route
Red	17 – 19	Full distance route
Black	19 – 21	Full distance, no back marker, riders may be dropped
Double Black	21+	Format and description will be clarified in ride info.

Please note - average speeds are summer month indicators. As a rule of thumb, winter season will see the pace reduce by 2-3mph from each colour.

Posting Ride Information¹

All members are encouraged to post and co-ordinate rides through the Facebook Rides and Events page. Ride posts should aim to include:

- Date and time of ride
- Start location, distance and indication of route
- Type of ride – Road / Trail
- KVelo Ride Classification for road rides
- Parking details at departure point
- Café stop – if one is planned
- Any points of interest on the route
- A nice photo if possible!



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In-Ride Communication

Shouts and hand-signals are a necessity within any ride, if you're new to group riding leave the hand-signal option until you're comfortable but do repeat or make the shouts as appropriate.

For the whole group's safety communication must be passed up and down the riding group line.

Car up	Car approaching from the rear
Car down	Car approaching from the front
Inside (with a hand signal)	Obstacle / pothole
Middle (with a hand signal)	Obstacle / pothole
Out (with a hand signal)	Overtaking parked or slow moving road users
Clear	Traffic free at Junction
Clear behind	Confirmation from back riders that an Out instruction is good
Slowing	Reduce speed, junction or hazard
Stopping	Group will stop be prepared
Single out	Move from 2 abreast to single line
Car left / Car right	Cars approaching at a junction
Knock a mile off	Riders at the front to slow the ride down
Mile on	Riders at the front speed the ride up
All on	Group ride complete with all members riding together



Stay alert – hold your line – don't overlap wheels – communicate

accidents are most likely to occur a towards the end of a ride when riders are tired

Commonly Used Cycling Terms – *actions to be avoided:*

Half Wheeling - Riding alongside and constantly edging yourself in front of your companion by half a wheel and not allowing them to get level. This serves to increase the speed of the ride to everybody's disappointment.

Dropping Your Wheel - A momentary pause in your pedalling can mean your bike slows down and drops back into the bike directly behind you. This mostly occurs on hills but can happen at any time when getting out of the saddle.

Crossing Wheels - This is when your front wheel overlaps the rear wheel of the rider ahead of you. Particularly dangerous if the front rider moves out to avoid road furniture and clips your front wheel. Normally this will result in you falling off and taking out some of the riders behind you.