**Club Rules**

The Club is fully affiliated with British Cycling and through that the Club had adopted a common set of principles that make up the Club’s Constitution.

1. All those who participate in club rides must comply with the highway code and British Cycling Best Practice Guidelines.
2. All riders must respect other road users and pedestrians.
3. All riders must wear a suitable helmet, that is in good condition and to the appropriate Standard British.
4. It is recommended that Club members have third party insurance for cycling that covers all activities that they wish to be part of.
5. All riders should wear appropriate clothing for the weather conditions and for the safe operation of their bike.
6. All riders are responsible for their own wellbeing on rides, including nutrition and hydration.
7. All riders must have a bike that is road legal and in good working order.
8. No fixed wheel bikes are allowed on normal rides, though “special” rides may be organised.
9. Time trial bikes with aero bars are not permitted.
10. All riders must have a basic understanding of bike maintenance in case of a problem and carry the appropriate tools to carryout minor roadside repairs, such as tightening up bolds and screws, inner tube replacement and chain repairs.
11. All bikes must have a suitable front and rear light when riding in the dark or low light conditions or poor visibility. Helmet mounted lights may be used, but only as an additional to bike mounted lights.
12. On group rides no rider gets left behind. If a rider is aware or an incident that hold someone up, or someone is struggling, them they must inform the ride leader.
13. If a rider has an accident or becomes injured during a ride, the Ride Leader must be informed and with the persons consent appropriate first aid treatment should be given. Where possible all rides will include a person with First Aid training.
14. When cycling off road, riders should only use designated cycle tracks and bridleways, and must not cause an obstruction to other users of the tracks.
15. The Club is for the enjoyment of all members whether cycling or socially. All members must respect other members and their families.
16. The Club is run by volunteers, and it is a morel obligation on all Club members to assist with the Club activities consistent with their abilities. This may be ride leading, cake baking, committee membership, charitable events, event support etc.