

CAUNDLE VELO CLUB

REVISED GUIDANCE NOTES FOR MEMBERS

The Route Planner will:

1. Select a route that is as safe as possible, varying the compass point direction week by week to add interest throughout the year. Such routes seek to minimise main roads or those carrying excessive speeds or hazards. Off-roads are used sometimes where cycle tracks or byways offer firm surfaces.
2. Email members detailed route instructions, together with a Strava route map, each Thursday for the following Monday's ride, stressing any known obstructions. Pre-book Monday lunch pubs.
3. Maintain the CVC logbook of completed ride highlights and individual mileages. Email members with quarterly statistical summaries and an annual overview

The Ride Leader will:

1. On Mondays, follow the pre-planned route instructions and map. On Fridays, gain consensus on café selection and approximate route (both outbound and return) between 30-40 miles, ensuring a return to SC by 1pm
2. Record the names of all participants and check that mobiles and Strava devices are switched on; and that at least one rider has a basic first aid kit.
3. Appoint one or more riders, where appropriate, to act as backmarker to ensure others do not get lost
4. In the event of punctures or other mechanical issues, ask all riders to wait during repairs and coordinate help as needed
5. If there is an incident requiring the emergency services call 999. Should there be no network coverage, seek alternatives ways of summoning help whilst ensuring that someone stays with the casualty

Individual Riders (Stalwarts) will:

1. According to the skill and strength of the group as a whole, respect the majority view as to the peloton's speed, given distance to be covered and hills to be climbed on the day. This is everyone's responsibility as the Ride Leader cannot always dictate the pace
2. If spurting ahead of the peloton, wait for the others to catch up regularly at waypoints along the route, ensuring that no one is left to cycle alone
3. When riding within the peloton, follow the rider in front at a reasonable distance, allowing adequate space on each side to ensure everyone's safety
4. Avoid sudden stops, always giving a clear warning and indication to followers
5. Wear hi-visibility clothing and a helmet in all weathers. Display a red rear light (preferably flashing) at all times, and a front light in dull weather
6. Remain conscious of the need to ride in a courteous way with due regard to the needs of all other road users, especially horses, pedestrians and other cyclists