



## **Maindy Flyers Club Youth Road Ride Code of Conduct**

When attending club road rides with the club it is expected that riders conform to a series of values which include:

1. Represent the club in a positive way and respect other road users.
2. Listen to the ride captains/leaders' instructions during the ride.
3. When riding on the front of the group that you approach hazards, junctions and potholes in a way that keeps the group safe at all times.
4. It is everyone's responsibility to call out or signal for hazards in the group - do not rely on just the front riders.
5. Bring appropriate equipment (ie inner tubes, multitools, tyre leavers, pump etc), food and clothing for the weather conditions.
6. Be aware of the traffic conditions and approaching traffic in order to make safe decisions when out on the road.
7. Never leave another rider behind. Always wait at the top of hills or at designated points by the rider leader.
8. Consider struggling riders –consider helping keep them on the group- one day it might be you needing the help!
9. Be familiar with the highway code (particularly rules 59-82) – it won't be long before you will be learning to drive in a few years so makes sense to know it for the theory test!
10. If you have a mechanical problem or puncture, ensure you shout loudly and clearly to the group 'mechanical' or 'puncture' to indicate for the group to stop.
11. If on part of the ride which is not a designated mountain climb and you are struggling or are about to get dropped – it is important that you shout for the group to 'ease off'.
12. It is important to understand that all riders should look out for each other on the ride and if you see another rider getting dropped that you inform the ride captains/leaders.
13. If you are ever the rider who happens to gets dropped – you will not get left behind – Keep going - the group will be always waiting for you, or come back for you! – the group will not deviate or turn on to another road without everyone together.
14. Enjoy the ride, learn the routes, make new friends and keep safe!