



## Tri20 Triathlon Club

### Club Rides - Code of Conduct

#### 1. Introduction

This Cycling Code of Conduct has been produced for the safety and benefit of the Tri20 Triathlon Club and its members. It outlines the minimum standards expected on all bike rides organised for Club members. The group leader may ask members to adhere to additional rules if circumstances warrant them.

Tri20 offers a varied programme of rides that may include a social ride, steady and fast training rides, and off-road rides. Distances, speeds and destinations of rides are posted on the Club's Facebook page by the Bike Officer or group Ride Leader. The post will indicate whether the ride will wait for riders if they become separated from the group and if there will be a café stop during the ride.

#### 2. Guiding principles

Club group rides are not for racing and members should not treat them as races.

When cycling on a Club ride, members must:

- consider the safety and well-being of the group and other road users
- behave in a manner that does not bring the Club into disrepute
- show respect for other Club members and road users
- observe government and BTF guidance to reduce the risk of spread of COVID-19.

Riders are responsible for their own health and safety at all times.

#### 3. Respecting the rules of the road

All riders must adhere to the rules of the road. Disregard for the Highway Code and behaviour that endangers yourself or others may lead to sanctions being applied by the Club's committee.

#### 4. Group ride discipline

To comply with BTF guidance on activities that are not coached, anyone leading a ride that has been publicised on the Club's Facebook page should ensure that there are no more than six cyclists in the group. This limit should be made clear to Club members when the ride is posted. If more than six people arrive to ride, the person who organised the ride should encourage the group to split into two with different starting times or locations.

The following should be observed when on a Club ride:

- Ride one behind the other with a gap between riders. When it is safe to do the BTF suggests that the gap be 20 metres to minimise spread of COVID-19 due to what is known as the 'aerosol effect'. Alternatively, the BTF suggests riding side-by-side, where it is safe to do so, with a gap of about 1 metre.
- Be aware of riders behind you. Try to ride smoothly and not to brake without warning if it can be avoided.
- Shout warnings and signal to other riders if there is a danger in the road.
- Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles.
- Should the group be split, riders should slow down or find a safe place to stop and regroup before proceeding. The stopping place should be large enough for riders to adhere to social distancing advice whilst waiting for other riders.
- The group should always stop if any of its riders suffer a mechanical problem. Riders should adhere to social distancing advice whilst a rider deals with the issue. Only one rider at a time should work on the bike.
- The group should always stop if any of its riders suffer from a physical problem. Riders should adhere to social distancing advice unless first aid needs to be administered by another rider.
- The group should always wait for the last rider, unless the rider has requested to be left, or the group leader had indicated that the ride would not wait for dropped riders when it was posted on Facebook.
- No rider should leave the group without first notifying other riders, preferably the Ride Leader.

## **5. Leading a ride**

For Club-organised rides, the Ride Leader is the official representative of the Club and his or her instructions should be followed. The Leader will endeavour to ensure that the ride is conducted in a safe and well-organised fashion and that any applicable government or BTF advice to reduce the risk of spread of COVID-19 is followed. All riders must assist the Leader in this duty.

Individual Club members who post a ride on the Club's Facebook page and invite people to join them are requested to check that those participating are aware of the applicable government or BTF advice to reduce the risk of spread of COVID-19. Members can seek guidance on what these are from the Club's COVID-19 Officer by contacting them at [c19officer@tri2o.club](mailto:c19officer@tri2o.club).

Leaders of Club-organised rides or their own rides MUST keep a record of who participated in the ride and keep this record for at least 21 days for COVID-19 NHS Test and Trace purposes.

The ride leader should provide their mobile 'phone number to participants at the outset of the ride so that contact can be made if a rider loses contact with the group and needs assistance.

## **6. Ride participants**

Participants must not participate in a ride if they or someone in their household has tested positive for COVID-19 or is currently experiencing symptoms or has experienced symptoms in the 14 days before they join the ride.

Anyone who has a positive COVID-19 test or experiences symptoms in the 14 days following the ride must inform the Club's COVID-19 Officer as soon as possible using the contact phone number in the Members' Handbook, which is available on the members only page of the Club's website, or by emailing [c19officer@tri2o.club](mailto:c19officer@tri2o.club).

Participants should ensure that they have the Leader's mobile 'phone number at the outset of the ride so that contact can be made if a rider loses contact with the group and needs assistance.

## **7. COVID-19 Officer**

The COVID-19 Officer is responsible for informing the ride leader if someone who participated reports that they had a positive COVID-19 test or have symptoms. The ride leader must provide the names of the participants to the COVID-19 Officer who will then obtain their contact details from the membership database. The COVID-19 Officer will contact the participants and let them know that someone they rode with has tested positive and/or has symptoms.

## **8. Dealing with mechanical problems**

To ensure that mechanical problems are minimised, riders must keep their bikes in roadworthy condition. Riders should know how to repair a puncture and how to put their chain back on their bike.

A tool kit should be carried that includes, at the very least, the following:

- pump or other way of inflating tyres
- spare innertubes

- puncture repair kit
- two tyre levers
- Allen/hex keys or multihead spanner.

To minimise the spread of COVID-19 riders should, wherever possible, avoid sharing any equipment, for example, puncture repair kits or gels.

## **9. Dealing with accidents & injuries**

The Club does not provide first aid cover or medical support for riders on Club rides. In the event of an accident, the Ride Leader or another member of the group will do all they can to assist any rider who has suffered injury. Only one person should assist the injured rider unless to do so would be detrimental to the wellbeing of the injured rider.

Riders who have pre-existing medical conditions that require special treatment must take precautions to ensure that information about their condition can be easily found by the emergency services or other medical professionals in the aftermath of an accident or the onset of the medical condition. One way of doing this is to wear a Medical Alert bracelet or pendant and Club members are encouraged to do so.

Riders should carry details of who should be contacted if they have a serious accident. One way to do this is to include it on the Medical Alert bracelet or on a mobile phone as the ICE (In Case of Emergency) number.

## **10. Food and clothing**

Riders must dress appropriately for the weather. A waterproof jacket should be carried on all but the best of days. Club rides may include a café stop, however riders should carry enough drinks and food for the ride.

## **11. Use of aerobars**

Club rides are group rides. While the Club accepts that aerobars may be permanently attached to your bike, for safety reasons they should not be used whilst riding in a group with the Club.

## **12. Mudguards**

Some Ride Leaders may require mudguards to be used during the winter months and in wet weather. The Ride Leader will inform riders if this is a requirement when posting the ride details.



### **13. Child protection**

Riders must be at least 14 years old. All riders under 18 must be accompanied by a parent or guardian.

### **14. Getting home again**

If you are not confident of finishing the ride or your bike has a mechanical problem, let other riders know as soon as possible. The Ride Leader and the group will do all they can to assist you, but they can only do so if they are aware of your problem. The group will be supportive, but riders are responsible for getting themselves home if they cannot continue with the ride.