



CYCLE SAFELY – CYCLE CONSIDERATELY – CYCLE RESPONSIBLY

The committee would like to draw your attention to the need for all members to remember that their conduct reflects directly on the club. Safety in our sport is of the utmost importance, and members must not only look out for themselves, but also for fellow cyclists.

Wearing the Club kit is always encouraged and is compulsory when competing in an event under the auspices of Cycling Ireland. Club Sponsors have paid the Club to advertise their businesses, therefore an effort must be made to wear Club Clothing. Being seen is always of the fore front of cycling, so the colour chosen for the clothing reflects our attitude and commitment towards this. If you are receiving this again or for the first time, please familiarise yourself with the Club Rules, Procedures and Constitution on the Club Website.

We would like to remind members of some basic rules that we consider important.

- Club runs are not Club races and must not be treated as such.
- MAXIMUM 2 abreast – at ALL times.
- Adhere to highway code, ie. Stay within the left side of the road/ white lines, obey lights, road-work notices, no cycling on pavement etc.
- If cycling in a group, work as a group, stay as a group, stick to the average speed stated on the NDCC website for that ride.
- Be considerate – maybe a fellow cyclist is having an off day – it might be you next time. We are a club – lets work together as a club.
- Choose your chosen group ride carefully. All average speeds are listed on NDCC website. Don't choose a group you cannot manage and likewise if you choose to go with a slower paced group – stick with them as a group – no speeding off. This is something that has been repeatedly brought to our attention and will not be tolerated.
- When riding in the group take note of the speed of the group. When you get to the front try to maintain this speed. DO NOT half wheel at the front.
- CALL out and pass calls up/down the peloton. Don't leave it to someone else. Calls protect each other from potential dangers.
- Stop for horses, call out to riders if approaching from behind.
- Make sure your bike is roadworthy.
- Wear your safety helmet at all times.
- Working lights and Mudguards fitted when required.
- When competing in an event should it be competitive or non-competitive, always remember the Rules of the Road, the events rules and procedures, and lastly the Cycling Irelands latest technical regulations.
- If you require to clear your nose or throat, please consider the riders around you by eliminating yourself temporarily to do so, or by waiting until you are at the rear of the group.

Disputes within a group ride – The Committee would hope that any disagreements would be resolved in an adult fashion between yourselves. However, should any member feel a situation needs involvement from the committee we advise you to privately bring it to our attention. Committee members are listed on the NDCC website.

The current climate towards cycling in general from the public is always an arduous one, this results in ourselves always being under scrutiny. It is therefore important that we are mindful of our behaviours whilst riding in a group scenario that we give no member of the public the opportunity to complain. Dangerous riding will not be tolerated by the club that could result in injury to other members, cars, general public, etc.

North Down CC Committee.