

The Widger Spoke Easies Ride Responsibilities For Club Members.

The Widger Spoke Easies aim to provide a cycling experience that is safe and fun for all. To achieve this, we need all our existing and new members to maintain the responsibilities given below.

Rider Responsibilities before joining a ride

- Do not attend a ride if you, or any member of your household, is unwell. This will protect your health and that of others in the Club. Recognised C19 symptoms include a dry cough, a high fever and anosmia.
- Make sure that your Bike is mechanically sound. A video of an 'M' check can be found on the British Cycling website. If you are not sure then your local bike shop will help you. From October to March inclusive your bike needs to be fitted with mudguards.
- Choose a ride that is suitable for your capability: speeds and distance details are published for every ride. If you aren't sure, please ask.
- Book your place on each club ride electronically. This is a pre-requisite to signing on to any specific ride. Instructions for doing this will be on the club main WhatsApp and Facebook pages. Each Ride will be restricted to 6 riders (including the Ride Leader) until further notice. If more are interested then a waiting list will apply. The registration will include:-
 - Confirming your acceptance of these Responsibilities
 - Providing details of your mobile phone AND an emergency contact name and number
- If you are unable to attend a ride that you are booked on please notify the Ride Leader that you are cancelling your place.
- Bring with you and take on your ride:-
 - Helmet, shoes, clothes appropriate for the weather forecast. Hi Vis clothing is recommended particularly on evening or winter rides.
 - Tyre levers, at least 1 spare inner tube and means of inflating it. A multi-tool is also recommended. These should be on your bike when riding.
 - Some ID together with ICE contact details preferably in your saddle bag or in a shirt pocket
 - Hand sanitiser (gel or wipes), mask and your personal First Aid Kit if you have one – cleaned from previous use until further notice
 - Your own jelly babies or energy food and drink sufficient for the length of for the ride.
 - Your own tea/coffee / cake if required for post ride refreshments and money for café stops or emergencies.

Rider Responsibilities at the Ride Start

- The advertised Ride Start time is the time that the ride will depart. You therefore need to arrive 15 minutes earlier to allow time to prepare yourself and your bike and allow your Ride Leader to do a Ride Briefing.

- Respect all Government guidelines applicable for social distancing whilst at the Ride Start Venue.
- Listen Carefully to your Ride Leader's Briefing.

Rider Responsibilities during a ride

- You are responsible for your own Health and Safety at all times during the ride and you acknowledge that you have a responsibility not to adversely affect the health and safety of others around you on the ride. This responsibility includes
 - Recognising that a sudden action by yourself could cause an accident to others
 - Practicing good respiratory hygiene during the activity
 - No spitting or gobbing
 - Cough or sneeze into a tissue or the crook of your elbow or remove yourself to the back of your group so you do not contaminate others
 - Ensure that you ride safely in accordance with the Highway Code and the most current Government Guidelines:
 - When riding single file, aim for 2m between you and the person in front of you.
 - If riding two abreast you should be 1m+ apart where the road is sufficiently wide to accommodate you without antagonising other road users.
 - At no time should there be more than 2 riders abreast of one another.
 - Maintain Group communication forwards and backwards of both upcoming hazards and of rider intent to slow, stop or turn (including your own!)
 - Use hand signals in accordance with the Highway Code.
 - If you need to overtake another member of the group tell them first what you intend to do. Never overtake or overlap wheels on the inside of another rider.
- Follow your Ride Leaders instructions: they are for the safety of you and group as a whole. Remember that your Ride Leader is a volunteer, respect them and if you have an issue raise it quietly and politely and in a non-confrontational manner.
- Carry your own food, drink and PPE until further notice. If you can carry your own pocket first aid kit, you will be minimising risk, however there will always be a club first aid kit on a club ride.
- Ride in a safe position on the road. If single file, then this is roughly where a car inside wheel would run (not less than 3/4m from the verge). If you are outside rider when two abreast then you should aim to be where the outside wheel of a car would be.
- Stay with your Ride Group. If you get in front on a hill please find a safe place to pull off the road and wait for the others. If you cannot see all of the Group then it is time to wait until you can.
- Pass all riders and pedestrians that you meet on the ride politely with the required 1m+ distance between them and yourself.
- Be a credit to your Club Kit if you are wearing it. Acknowledge other riders on the road with a wave, smile or friendly comment.

- Walk away from aggressive or confrontational road users. If you experience dangerous driving then please report it to the Police.
- If you become unwell during the ride then you should stop taking part and ask your emergency contact to collect you.
- If you are involved in an incident that causes you an injury then, unless you are unconscious or incapable in some way, you will be requested to self-administer first aid until further notice

Rider Responsibilities post ride

- Give helpful, positive feedback to your Ride Leader if you want to.
- If visiting a café post ride then please check first that they are OK with you entering in cycling shoes and gear. Do not put your helmet or gloves on the table. Please make sure that you pay your bill when you leave.
- Follow current Government Guidelines in relation to hand sanitisation until further notice.
- Maintain Current Government social distance rules with other users of that outside and inside space until further notice.
- If you develop any contagious illness symptoms after the ride then you must advise the Club through your Ride Leader so that other ride participants can be advised and all should refer to the latest NHS advice.