



Maidstone Harriers Tri Club – Group Ride Ground Rules

Maidstone Harriers Tri club promote training in a safe environment following the guidelines and best practices of the British Triathlon Federation. Our cycling section is especially keen to promote safe cycling so we can develop effectively in our sport in the company of friends.

Contents:

- **Types of group rides**
- **Group Ride Ground Rules**
- **Group Lead and sweeper rules**
- **British Triathlon affiliation insurance explained**
- **Other references**

Types of group rides

- **Triathlon training**
Saturday bike sessions with Ben Wright from David Lloyd. This is arranged separately from the Harriers Club but is a training option for Harrier members with their own insurance. You do not need to be a member of David Lloyd to participate. All levels and the rides tend to be 20 miles.
- **Long rides**
Club rides - group stays together but may be split into groups of different paces depending on numbers. These will be most Sundays and will be from 30 - 50 miles
- **Short rides**
Club rides - Aimed at budding triathletes or those focussing on sprint events. Expected to be 15 - 25km in distance. Group will stay together although again may be split into different paces depending on ability. These will be arranged periodically throughout the year.
- Group rides are published on the [Maidstone Triathlon calendar](#)

Group Ride Ground Rules

To ensure everyone has an enjoyable and safe ride, every rider should follow these rules on a club ride.

- **Insurance** - All riders are recommended to have their own personal 3rd party insurance although the club does have cover for group rides. See the BTF Affiliation insurance explained below.
- **Sign in** - All riders must have completed the [Athlete Welfare form](#) before they first ride with the club. The form completion will confirm that they have read and agree to abide by these ground rules, provide the organiser with a contactable other encase of emergencies and whether you have any specific medical conditions (asthma, allergies etc). The club will then maintain a list of details to be taken on every ride. You can submit your details by downloading the [form](#) and returning to maidstoneharrierstriathlon@hotmail.co.uk. By participating, all riders agree to have their emergency contact details held electronically, please see the data policy below.
- **On the day** - If you have previously signed the form you only need to inform the lead whether you will be leaving the ride early, whether there is anything to be aware of



Maidstone Harriers Tri Club – Group Ride Ground Rules

(injuries etc) and/or if you have a different contactable other. Please take responsibility for yourself and ensure you and your bike are fit to ride on the day.

- **Age** - all riders must be over the age of 12 and must be accompanied by a responsible adult if under 18 years old.
- **Ability** - All riders must be competent to ride the route for the day (distance and terrain). The lead may ask you not to join a particular group if they feel the level is not suitable for yourself.
- **Time** - all group rides will start on time, please arrive 15 mins beforehand.
- **Clothing and Equipment** - Riders must always wear a suitable helmet and ensure they have the correct clothing for the route and local conditions. Riders must also carry at least; water, a spare inner tube, tyre levers, pump, mobile phone and money (if required).
- **Leadership** - Please understand these rides are not coached sessions. The lead will be responsible for the ride but the lead/sweeper are not responsible for the health and safety of the group, this is the responsibility of every individual for themselves. That said, the lead may cancel or abort a ride at any time and has final say on issues which affect the group. There will always be a leader and when necessary someone to sweep from behind. A leader may ask someone competent to perform the sweep role on the day. All riders should listen to a sweeper too.
- **Time trial bikes and Tri bars** - We are a triathlon club so accept people will have tri bars and TT bikes but we do not encourage them on group rides. Do not go onto your tri bars while cycling in a group or overtaking people in the group.
- **Staying together** - the group will never leave anyone behind. It is everyone's responsibility to look after each other especially the person behind you.
 - If you are turning at a junction and someone is behind, it is your responsibility to wait for them to acknowledge the change in direction before you move on.
 - If you go ahead make sure you know the route. The group lead should not have to separate to chase errant cyclists.
- **Drafting** - In group cycling, it is advantageous to stay close and use each others draft, it also reduces the distance for cars to overtake.
 - Drafting is not a requirement, only cycle as close behind someone as you feel comfortable.
 - Do not allow your front wheel to cross over the rear wheel of the person in front.
- **Consider the consequences** - As a group we are riding close to each other, if something affects you there is a very likely chance someone else will be affected:
 - Anticipate and communicate (see Warnings and signalings below)
 - Try not to slow suddenly, be aware of the likely impact behind if you have to.
 - If passing to overtake, make the person aware by shouting a warning. Do not speed past anyone.
 - No racing on group rides.
- **Rules of the road** - all riders must follow the rules of the road and respect all other road users. We represent Maidstone Harriers on club rides and must be seen to act appropriately including:
 - stopping at red lights.
 - not initiating or retaliating to any abuse.



Maidstone Harriers Tri Club – Group Ride Ground Rules

Anyone caught breaking the rules of the road will not be welcome on future group rides.

- **Warnings and signalling** - all riders should use the standard warning signals shouting or pointing out dangers and obstacles on route and following the signals from the rider in front. Communication with each other will keep us all safe. Get into the habit of shouting and pointing, don't assume someone else will do it:
 - Always anticipate the hazard.
 - Shout out a warning or start pointing well before the obstacle and keep pointing until you are beside the obstacle.
 - Be vocal of hazards any time and point only if it is safe to do so.
 - Hazards on the road surface (Potholes/bumps/rabbits) - point diagonally downwards and shout
 - Hazards to go around - point behind your back in the direction you need to move and shout
 - At junctions - shout "Clear" if no traffic and "Car left/right" if traffic
 - Slow down - flap your hand beside you to left or right and shout "Slow"
 - Move to single file - shout "Single Out"
 - Car coming from behind - shout "Car Up"
 - Car coming from in front - shout "Car Down"
 - *Please note:* Riders must not signal to any vehicle drivers with regard to safe overtaking. Should an incident subsequently occur, the group may be held liable.
- **Accidents or near misses** - to ensure we can make cycling as safe as possible, we encourage discussing lessons that can be learned from accidents and near misses. All accidents will need an [Accident reporting form](#) completed by the people involved.

Group lead and sweeper rules

- Leader will ensure a session is published before the ride on the Maidstone Harriers Tri facebook page, clarifying:
 - Date/ time/ meeting point
 - Outline of route (This doesn't necessarily mean they have to create the route)
 - Expected speed/ability of the session
 - Expectation of participants (ie read the group ride rules)
- The lead should provide a briefing at the start of the session:
 - Reconfirm the above
 - An emergency action plan - what happens in the event of emergency, including contact mobile numbers.
 - What happens when someone cannot keep up with the group (will someone wait/ meeting points on route)
- If the number of riders is high, the Leader may choose to split the group to allow other road users to overtake the riding group.
- Leader will ensure the group ride form is filled in by every new rider [Maidstone Harriers Triathlon - Group ride form](#)
- Leader and sweeper will be familiar with the route and carry suitable maps and/or



Maidstone Harriers Tri Club – Group Ride Ground Rules

directions.

- The Leader may request that a rider act as a sweeper. The sweeper will ride at the back of the group to ensure no-one is left behind. Lead and sweeper must share contact information encase of separation. Sweeper should be familiar with the route too.
- The group ride is not a coached session so:
 - The lead/sweeper are not responsible for the health and safety of the group, this is the responsibility of every individual for themselves.
 - No advice should take place whilst on the move or in a vulnerable position, however guidance and advice may be offered when stopped and in a safe location to do so.
- Assigned leaders will keep the Maidstone Harriers Triathlon calendar up to date and identify weekends that the rides can be scheduled as early as possible.

British Triathlon Affiliation Insurance explained

Maidstone Harriers Triathlon club is affiliated to the BTF. The affiliation includes public liability insurance for all club events for all club members with an excess of £250. This means that social group rides are covered and members or non members can claim against the club insurance if it were deemed the club/organiser at fault. Should the individual be at fault, club members can claim off the club insurance but non club members need to have their own insurance. The club have a duty of care to all involved in the club event.

Data Protection - Maidstone Harriers Triathlon club will store only those personal and significant other contact details for the purpose of emergencies only during your participation of group events. The information will be held securely and accessible by elected members only. The information will be replaced annually during the club membership renewal period.

Other references:

<http://www.maidstoneharriers.co.uk/2011/racing/triathlon.shtml>

<http://www.britishtriathlon.org/england/membership/join>