

# WHITEHORSE CYCLISTS

## Guide to Riding with Whitehorse Cyclists

v1.0, April 2021

Welcome to our bicycle rides! The style of cycling can be different for Easy, Medium and Hard rides, so these notes are just guidelines that do not replace common sense.

### CYCLING WITH WHITEHORSE CYCLISTS

Every ride has one Leader, at the front, and a Whip, at or near the back. Later sections give guidelines for those. But for all our riders in general -

#### **Preparing your bike:**

1. The *bicycle* is an essential requirement for cycling. You need one, and you will continue to need it, so do look after it. If you don't have one, you really should buy one.
2. A bike must have a bell or horn. A rear view mirror is also highly recommended.
3. And a water bottle, or even two. On a hot day, some riders have guzzled their way through two whole bottles before morning coffee. But even on a cold day, you need water available at all times. When you get dehydrated you get tired, and that's when you make mistakes.
4. It is recommended that you install the basic repair tools on your bike - air pump, spare tube, tyre levers, Allen key set. And first-aid items (the club provides a basic first-aid kit).
5. You must have front & rear lights on the bike if you will be riding in darkness. But bright or flashing lights are also good in daytime.

#### **Before the ride:**

1. Ensure your bike is mechanically sound, tyres pumped, chain lubricated, etc.
2. Wear readily visible clothing, cycling gloves, helmet with straps correctly tensioned. Safety glasses or other eyewear is recommended to shield grit from the eyes.
3. Pack, or wear, a rain/wind jacket, or you will get wet and cold if it is rainy or windy.
4. And if it's not raining and it's nice and sunny, then you need sunscreen.
5. Bring a MYKI card on all rides. You may have to leave the ride if something goes wrong. And bring money or credit card. Coffee costs money.
6. If the leader is listed in the ride calendar as wanting an SMS to book a place on the ride, please send an SMS with emergency contact number in good time (the day before).
7. If your bike is an e-bike, charge up the battery!
8. Be familiar with the WCI document "Mishap Guidelines"

### **At the start of the ride**

1. Rides leave promptly at the advertised start time, so arrive at the start point 10-30 minutes early. Others will be there too, and this is a social club!
2. Identify the Ride Leader, introduce yourself and sign the Ride Sheet if you have not already booked in by SMS.
3. Know the Ride Leader's mobile phone number, or be able to call it during the ride.
4. Advise the Ride Leader of health problems or any other concerns that they should know about.
5. Hark at the Ride Leader's introductory briefing, and identify the Whip.

### **During the ride:**

1. Don't overtake the Ride Leader (except when going uphill, where it is understood that everyone rides at their own pace).
2. The Ride Leader is in charge; comply with all reasonable instructions from him/her.
3. The Whip also has some authority.
4. Obey all path and road rules, including red lights. Resist the urge to bend rules to catch up if you fall behind. The Whip will always be behind you, and the Ride Leader will wait for you. You will be looked after. Touching, really, isn't it.
5. Don't ride too close to the bike in front, especially when coming up to an obstacle or narrow entrance. And there are many other guidelines in the document "Mishap Guidelines"
6. If you see a riding hazard, warn other riders by calling out.
7. Report any "near miss" or an actual mishap on our official Incident Report Form, later. Others will gain by learning about what happened.

### **Etiquette when Riding in Groups:**

1. For the sake of other riders, motorists, and everyone else, be predictable. Be visibly decisive in the actions you take when riding.
2. Be considerate of your fellow riders, and of other path/road users.
3. Do not overtake if the riders ahead are slowing down because of a hazard (e.g. a corner, gate, road crossing).
4. At all times be aware of riders close to you, especially the rider behind you.
5. At turn-offs, check that the rider following you sees you turn.
6. At road crossings, after getting across, pack in tightly so as to leave space for those arriving behind you. Conversely, don't cross if you can't be sure of a space on the other side.
7. If you stop, even for a moment, get the bike off the path and leave the path clear.
8. Be aware that the ride will not stop if you stop to answer a phone call.
9. If you decide to leave the ride before the ride ends, wait for the Whip to come by and clearly tell them, or ensure that the Whip will quickly find out from somebody. The Whip needs to count the riders from time to time; experience has shown that an accurate knowledge of the expected number of riders is useful and pertinent information on such occasions.
10. If you can't see the rider in front of you, or if you feel lost, wait for the Whip. (If the Whip does not appear, well then, you are really lost and should phone the Ride Leader).

11. If you are near the back of the pack, and especially if you are the rider just in front of the Whip, check that the Whip is still there. They may have had a puncture, fallen off, been eaten by a crocodile, etc.

**At the end of the ride**

1. Thank the Leader and the Whip for their efforts. They made your ride as enjoyable as possible.
2. Consider if the ride had been the right pace and distance for you - or should you try a ride with an easier/harder group?

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