

## U3AC CYCLING CLUB – GUIDANCE FOR MEMBERS

**Coordinator:** Beth Morgan

**Contact.** Please use the Club's address [cyclingu3ac@gmail.com](mailto:cyclingu3ac@gmail.com) to contact us.

**Membership:** U3AC members can join by asking to be put onto our distribution list. Rides can be booked at any time.

**Programme:** The Club's programme of rides will be sent to members about twice a year and is available from [cyclingu3ac@gmail.com](mailto:cyclingu3ac@gmail.com). Rides are booked directly with the leader either by email or by phone, but if you are booking/cancelling within 1 day of the ride, use the telephone as not everyone checks their email each day.

**Attendance:** Be prompt. If you can't attend a ride you are booked on let the ride leader know, by email or, if at short notice, by phone.

**Safety:** Use cycle tracks where possible. Note that some are shared with pedestrians and some are two way tracks. Ride two abreast only where it is safe and doesn't inconvenience others. Check your bike – and lights - when days are short.

***NB** It is imperative that everyone rides safely and acts courteously to all road users. Any Club member who persistently exhibits poor road sense may be dropped from the Club.*

**Keeping Contact on Rides:** Keep visual contact with those immediately BEHIND you so that no-one gets detached. With a larger group someone will act as tail-end rider; please be prepared to do this. If necessary (e.g. in case of accident) phone the leader or get someone to ride forward.

**Refreshment:** There will always be breaks for refreshment and, maybe, a pub stop. Remember to carry a drink and bring a packed lunch if this is the plan. Check with the ride leader if in doubt about lunch arrangements.

**Pre-existing health problems:** Members who carry prescribed medication for use in an emergency must carry a completed copy of the **Pre Cycling Health Questionnaire** and inform the leader of the ride before the ride starts. Examples might be glyceryl trinitrate spray for angina, insulin pen for diabetes, adrenaline (epinephrine) auto injector for anaphylactic shock. Please mention any pre-existing health problems that may affect you during the ride, even if no medication is currently prescribed.

**First Aid:** The leader, or a specific person on each ride known to all members on the ride, will carry a first aid pack. Carry sun lotion if you use it, and notes of any medicines, treatments or allergies that should be known if there is any accident.

**Accidents:** *In case of a non-trivial accident, everyone is asked to carry a card or note with a contact number, plus any necessary medical information (e.g. penicillin allergy, blood group). It should be kept inside your helmet so it can be easily found but not easily forgotten.* The ride leader, or a group member if the leader is hurt, will contact the rider's home and/or emergency services as required. Someone should stay with the injured rider until help comes.

The ride leader should make sure the injured person's bike is as safe as possible until it can be collected.

**Clothing:** Wear your usual cycling kit as appropriate for the weather, including waterproofs.

**Cancellation:** Rides may be cancelled because of bad weather, icy roads, or other unavoidable reasons – this is the ride leader's decision.

**Repairs:** It is best to bring your own pump and repair kit. Consider carrying a spare inner tube.

**Mobile phones/Maps:** The ride leader will carry a mobile phone and route maps but it is a good idea to carry your own.

**Bike Maintenance:** Sustrans has a very useful video on simple checks and maintenance.  
[http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike-11-steps?utm\\_source=Sustrans&utm\\_medium=email&utm\\_campaign=7537284\\_October%20enews%20%28both%29&utm\\_content=enews\\_October&dm\\_i=6EB,4HJT0,O4MCG,GKRQI,1](http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike-11-steps?utm_source=Sustrans&utm_medium=email&utm_campaign=7537284_October%20enews%20%28both%29&utm_content=enews_October&dm_i=6EB,4HJT0,O4MCG,GKRQI,1)

**Road positioning:**

[https://www.youtube.com/watch?time\\_continue=254&v=-CG0VTwevoU](https://www.youtube.com/watch?time_continue=254&v=-CG0VTwevoU)

The Cambridge area:

<https://www.cyclinguk.org/cycle/cycling-cambridgeshire>