

## U3AC CYCLING CLUB – GUIDANCE FOR MEMBERS

**Coordinator:** Derek Morris

**Contact.** Please use the Club's address [u3ac.cyclingclub@gmail.com](mailto:u3ac.cyclingclub@gmail.com) to contact us.

**Membership:** U3AC members can join by asking to be put onto our email distribution list. Rides can be booked at any time. You may only join a ride if you are a current member of U3AC.

**Insurance:** We are **not** covered by the U3AC insurance scheme. Although the ride leaders will do their best to ensure everyone's safety, ultimately **each rider is responsible for their own safety.**

**Programme:** The Club's programme of rides will be emailed directly to members. Our ride season is typically late-March to mid-October each year, although other ad-hoc rides may be made outside of those times. Rides must be booked directly with the leader by email, but if you are booking or cancelling within 1 day of the ride, please telephone the leader, as not everybody 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:** We try to use quiet lanes or cycle tracks where possible. Note that some cycle tracks 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 you are 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 ride leader 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:** Leaders may carry a first aid pack, but this is not a requirement. Riders should 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:** Riders should be self-sufficient in case of a puncture or simple mechanical issue, although leaders or other riders will be able to assist you. Fortunately, issues are rare, but riders should bring their own bicycle pump and repair kit or spare inner tube.

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

### **Bike-maintenance tutorials on YouTube etc – good for little jobs**

You can learn how to keep your bike in good nick using online maintenance tutorials, which can save you money as you won't have to pay someone else to do it (though you may need to buy tools or parts if you don't have them).

YouTube videos and other online tutorials are good for little bits and bobs, but always consider if it's something bigger that could mean you're riding unsafely. If you're unsure, it's best to get your bike serviced.

- **[Cycling UK](#)** – The national cycling charity has a video on its YouTube channel showing [how to do roadside repairs](#), including adjusting your brakes and gears, and how to fix a broken chain. There's also one on checks you should do [before you set off](#).
- **[Global Cycling Network](#)** – A YouTube-based cycling site with slick how-to videos for just about every aspect of bike maintenance, from basics such as [how to pump up tyres](#) and [how to fix a puncture](#) to more advanced stuff such as [how to fix squeaky brakes](#) and [how to deal with a broken spoke](#) (warning: the presenter says "nipple" a lot).
- **[Park Tool](#)** – A US bike-tool manufacturer with an array of guides and videos on its website for everything from [removing wheels](#) to [adjusting the front derailleur](#) and [rear derailleur](#) (if you're a cycling newcomer, those are the bits that shift the gears). And if you're not sure exactly what you're looking for, it has a cool ['Where is the problem?' tool](#) where you click on the part of the bike that needs attention to bring up related help.
- **[Bicycle Maintenance Guide](#)** – An app, not a website or YouTube channel. And it's not free – it costs £3.99 to download for [iOS](#) and [Android](#) devices – but we're including it here because it was highly recommended by MoneySavers, many of whom praised it for being comprehensive and easy to follow. It has over 80 sections and includes 32 videos that aren't available anywhere else.

### **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>