



KPCC

Club Safety and Rules

Cycling is a fun activity when done safely. When not done safely, a cyclist can be a danger to him or herself and to others. These comments are intended to help keep you safe and to help you better understand your obligations as a cyclist.

- (1) Rides start at Engen next to Blue Lagoon. Don't be late for the ride, if you are not there on time, the group will leave.
- (2) When route has been determined by Captain and/or Club committee to stick to it to eliminate confusion, if changes need to happen this must be agreed by Captain and/or Club committee before the start of the ride.
- (3) Riders in front of group must call when holes or any danger areas are around, riders behind must pass the message to rider's further back as not all riders can hear if the group is large. Riders at the back must also warn of cars or dangers at back, and riders must pass the warning forward to riders.
- (4) Punctures, if someone punctures we will stop as a group A, B, C, etc. to help, but if you are the one with the puncture, make sure the group is aware of your calamity, so the group may stop. (If the puncture happens on a narrow area, only a few people stop, the rest of the group ride on until they reach a more secure area where they can wait.)
- (5) Be self-sufficient .i.e. carry your own mini pump/gas bomb, tubes levers etc make sure you have tail lights and bright front lights and those batteries are charged, so you are made visible on the road.
- (6) Don't half wheel, that is don't go to the front, ride next to the person leading and try to ride just in front of him/her as a challenge or show of strength or overtake a rider in front only try and cut on of the riders riding single.
- (7) Gauge your strength, look behind your peripheral vision for cars behind you before overtaking the rider in front don't rush up the bunch, but when it gets a bit "grippy" suddenly leave gaps...and don't ride up the outside of the bunch, suddenly find you can't quite get to the front, so just push into the line, if you must do it signal with hand or ask to cut in front of rider.
- (8) ROBOTS. We will stop at all red robots, I know it is irritating but there have been some close calls that could have endangered riders.
- (9) Spitting or blowing your nose, if you need to spit or blow your nose, drift to the back or side of the bunch, in a safe manner away from others or ensure doesn't become the object of your throw away.
- (10) **Riding single file** is the most safest way of riding on occasion riders may ride 2 a breast but only when roads are wide enough for cars to ride past group with at least 1,5 meters wide gap from riders safe, when it is deemed that it needs to be single file please LISTEN and obey it's for the call IT IS FOR OUR OWN SAFETY.
- (11) Help the weaker riders, if you really are feeling strong, then help some of those struggling, be conscientious of ensuring there are always at least 3 or 4 riders together in case the group splits for everyone's safety.
- (12) **NOT HELPING THE GROUP.** When riding in a group ensure you rotate to the front and do some work in the front if you are strong enough so the work is dividing amongst all riders.
- (13) Re-group. The group must decide at start where the re-group points will be, or if not riders of that group A, B or C must stop at difficult points such as top of difficult climbs. Everyone must stop including slowest riders to ensure Captain accounts for everyone 1 or 2 extra minutes is not going to kill you.
- (14) Riders turning off early or changing route which may be closer to their home must communicate with other club captain/ sweeper of their intention. Safety is priority how can we know if you are safe if you haven't told anyone.
- (15) As slower moving vehicles, cyclists must move as far to the left as they can do so safely to allow motor vehicles to pass but not so far to the left to endanger themselves or the group. i.e. ruts on road, potholes, etc.
- (16) **Ride predictively...** This means that you should avoid weaving in and out of traffic - if there are parked cars or other obstacles in front of you, ride straight ahead as far to the right as is safe; do not weave in and out. Always **KEEP YOUR LINE** in case any riders behind you wanting to overtake you don't hit your wheel and crash because of it.
- (17) **Be wary of parked cars...**One of the main sources of bicycle accidents is being "doored" when a car door opens directly in front of the cyclist's path.
- (18) **Take the Lane When Necessary** to avoid unsafe conditions. Notwithstanding the requirement for slower traffic to keep to the left, a cyclist is not required to ride through potholes, broken, pavement and other obstacles that would make his/her progress unsafe. So, signal your intention and move over to avoid the unsafe roadway! The inconvenience of a motorist is not a consideration when your safety is at stake.
- (19) **Do not pass a motor vehicle on the left...**Get into line with the rest of the vehicles at a stop sign or light. When approaching a right-turning motor vehicle from behind, either stay behind or, if safe to do so, pass on the right.
- (20) **Leave at least one meter between yourself and the curb** as a cushion. Where the road or lane is narrow, take the lane to block a motor vehicle from creating a dangerous situation by moving along side. This is particularly important where the vehicle behind you may be making a left turn.
- (21) **Cyclists must yield to pedestrians at crosswalks.**

A Few Additional Tips:

- (1) **Share the road...**be aware of other users as they have a right to be there too.
- (2) **Maximize your visibility...**wear reflective/bright/multi-colored clothing; for riding at dusk or night, your bike should have front and rear reflectors and flashing lights, the brighter the better.
- (3) **Ride with at least one other cyclist...**If riding alone, inform an emergency contact of your route and times in case of trouble.
- (4) **Always carry a cell phone** for use in an emergency.
- (5) **Carry emergency contact information...**contact person and phone number and other identification information. Medical Aid Membership and Number Rules specific to the Kings Park Cycling Club:
 - (1) **Helmets are mandatory!** You will not be allowed to participate in a Club ride unless you are wearing a bicycle helmet.
 - (2) **Kings Park Cycling Kit** must be worn on Thursdays and Saturday's club rides, if you a club member. If you a guest rider you very welcome and allowed to join the rides but if you ride more than 10 times with the club you will be asked to join the club.
 - (3) **Treat other road users with courtesy.** When you are on a Club ride, you represent the public face of the Kings Park Cycling Club. Even when you are not on a Club ride, it is our belief that you are an ambassador for all other cyclists and should conduct yourself accordingly.
- (4) **Be aware of your fellow cyclists safety.** If you are not well or have had a late night, rather take the next day off, remember a mistake from you may jeopardise the entire group.