



RIDING WITH VELOCITY

Ride Guidelines
and Etiquette

THANKS TO ALL THE CYCLING CLUBS WHO HAVE SET
HIGH STANDARDS IN THEIR OWN RIDE GUIDELINES



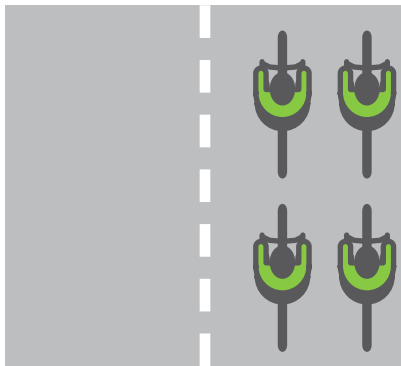
GROUP RIDING

Group riding has multiple benefits including increased visibility, reduced effort and of course, sociability.

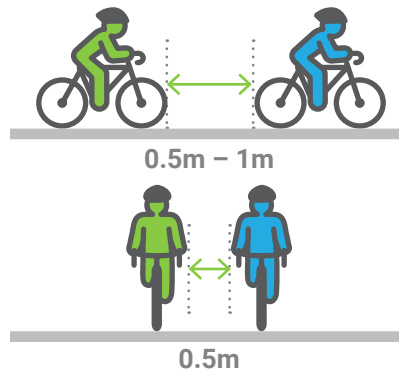
Group riding can also introduce risk due to the proximity to other riders. Knowing your responsibilities will ensure these risks are reduced to a minimum.

Any rider who is inexperienced in group riding should let the Ride Captain know at the start of the ride so that they can benefit from additional attention for the safety of all participating.

For group riding please follow these guidelines:



We follow the **“tight to the right”** approach.



Riders are expected to ride 0.5 to 1 metre behind the bike in front of them (farther in wet weather) and 0.5 metre from the bike beside them.



Never half-wheel.



Riders must remain **predictable** and avoid sudden increases in speed.



Only when there is an **emergency** should a rider stop suddenly.



Knowing and using your hand **signals and voice call outs** is essential to safe group riding.

LEFT TURN



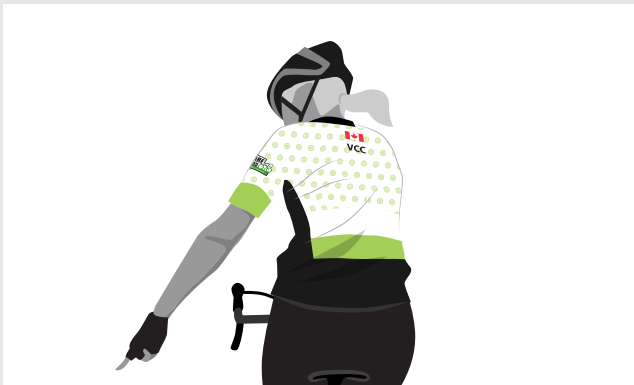
To signal a left turn, extend your left arm away from your body to shoulder height, parallel to the road.

RIGHT TURN



At VCC our preference on a right turn is to extend the right arm away from the body.

POTHOLE

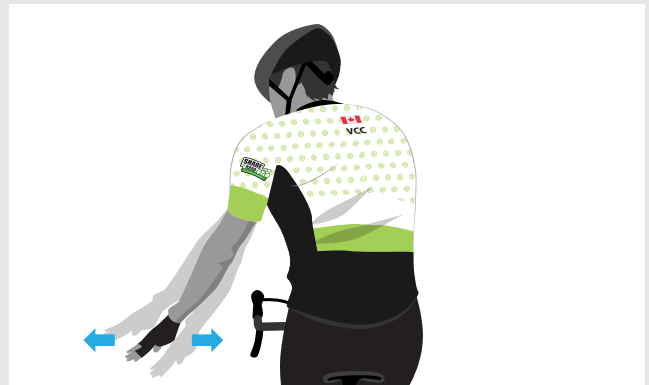


Potholes are particularly prevalent during the spring riding season and have the potential to cause a serious accident.

When in a group, point out a pothole or other obstacle that shouldn't be ridden over by extending your arm on the side of the obstruction and pointing at it.

If possible, alert others behind you by calling out **"pothole, left/middle/right."**

DEBRIS



Gravel, leaves and other loose debris on the road can cause you to lose traction, especially when at speed.

Indicate debris by putting your arm down and waving your hand back and forth.