

CYCLING GUIDELINES FOR THE SKIDDAW U3A SOCIAL CYCLING GROUP

- 1) Have a roadworthy bike and carry essential kit for repairs, not forgetting a bicycle pump.
- 2) All cycling will be during daylight hours but you may wish to consider equipping your bike with lights in case of inclement weather.
- 3) It is compulsory to wear a cycle helmet in some countries but not in the UK. Having looked at medical research and taken advice from the Police it is strongly recommended that you should wear a helmet as in the event of an accident the benefits of wearing one far outweigh not wearing one. **The Highway Code (Overview 59 – 71) states: A cycle helmet which conforms to current regulations, is the correct size and securely fastened should be worn.** If you continue on a ride without wearing a helmet, you do so, knowing the risks, and entirely at your own risk.
- 4) Ideally, wear high visibility clothing and perhaps consider reflective strips on your clothing and bike. A mirror positioned on your off-side handlebar will enable you to see traffic behind you.
- 5) Whilst cycling always be aware of your limitations and inform the leader if you are struggling with the pace so that it can be adjusted if needs be.
- 6) Always cycle considerately and courteously towards other cyclists in the group, walkers, horse riders, and any other road users approaching from in front and behind.
- 7) Each cycle ride will ideally have a leader and a backmarker and they will carry walkie talkies for communication. Please inform the leader or backmarker if you are going to leave the group.
- 8) The Group Convenor will carry a copy of the contact list, this includes your name, address, home 'phone number, mobile number and emergency contact number if given. If any of your details have changed please advise me – Barbara Newton.
- 9) If the Group Convenor is not on a ride the contact list will be emailed to either a) the leader of the ride or b) if there is no leader then the contact list will be emailed to a nominated deputy.
- 10) If you have any medical conditions please remember to carry your medication, eg EpiPen, Inhalers, Insulin during the ride in case of need. A basic First Aid Kit would also be useful.
- 11) ICE – In case of emergency. The Group Convenor will record a number to contact in case of an emergency if asked to. No name will be recorded, just a number. This will comply with Data Protection Regulations
- 12) The U3A Insurance is for **Public** liability not **Personal**. There is basic legal help if a member of the public injures one of us whilst participating in a U3A activity. I hold a copy of the Insurance Policy, if you would also like a copy please let me know and I will email it to you.

**We are not required to have a Health & Safety Policy. Quoted from the Insurance Policy
....."Best Advice – use your common sense".**

Updated 5th April 2018