

Cycling Guidelines for Skiddaw U3A Easy Wheeler Group

Convenor Mark Bradley, Deputy Bill Richardson

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- 1) Have a legal and roadworthy bike. Check your bike the night before the ride, turning up with a flat tyre etc. does not help with a prompt start.
- 2) 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 ride without wearing a helmet, you do so knowing the risks.
- 3) All rides are during daylight hours but consideration should be given to making yourself as visible as possible. Wearing high visibility clothing with reflective strips and using lights will make you more noticeable.
- 4) Carry essential kit for repairs. Spare inner-tube, puncture repair kit and a pump as a minimum.
- 5) If you want to join a ride other than at the designated start, let the convenor and or the leader know by email at least the day before. Email: u3aeasywheelers@gmail.com
- 6) Each cycle ride will have a leader and a backmarker, the leader is not necessarily the convenor. The leader and back marker carry walkie talkies for communication. Whilst cycling always be aware of your limitations and inform the leader or backmarker if you are struggling with the pace so that it can be adjusted. If you need to leave the group please inform the leader or backmarker.
- 7) Always cycle considerately and courteously towards other cyclists in the group, walkers, horse riders, and any other road users. If traffic builds up behind the group consider pulling in to let it pass.
- 8) The convenor has a contact list, including any emergency contact details you supplied at the time of sign-up. If any of your details change please advise the convenor.
- 9) If the convenor is not on a ride a deputy will be nominated.
- 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 will be carried by a member of the group.
- 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. Details of the U3A insurance can be found on the website at: [U3A Insurance](#)

General Notes. While I have been cycling with Easy Wheelers we have not left anyone behind, there are enough bike 'fixers' in the group and we have managed to patch up bikes to enough to get everyone back. **Walking up hill is definitely allowed** even the fittest of us have off days. We will wait in the first safe place at the top of the hill until everyone has arrived and have their breath back.

Details about other Skiddaw U3A policies and processes can be found at: [Skiddaw U3A Documents](#)