

Rules & Etiquette:

- Safety 1st - Remember, tarmac is harder than you!
- Obey traffic signs and signals, point out and call out any road hazards ahead. This is particularly important in a group of riders, as those at the back often can't see oncoming traffic or road hazards.
- If road conditions permit groups normally ride two abreast. Remember that TWO is the limit, single out if necessary to stay safe and avoid holding up other traffic.
- When the riders on the front of the group want a break, there are 3 options:
 - the inside line slows to let the whole group rotate one position anti-clockwise
 - the riders on the front single out and allow the group to pass
 - if road conditions permit, the riders on the front may separate to allow the group to ride between them
- If you're struggling to keep up, stay at the back of the group.
- Carry basic tools, at least a pump, spare tubes and a mobile phone.
- Experienced riders sometimes ride very close together; don't panic if the rider next to you bumps bars or shoulders.
- Shout and signal if you intend to move out or stop.
- Don't overlap wheels, if you contact the wheel in front you will probably come off, along with anyone behind you.
- When climbing hills, avoid following a wheel too closely, some riders move back when they get out of the saddle.
- "Half wheeling" is when one rider pushes the pace a little harder and moves slightly ahead of their riding partner. If you're on the front and the pace is too fast, take a break (and ignore any sarcasm!)
- In a group of cyclists there's always an element of competition, whether it's a town sign or the top of a hill - it's up to you, but remember to hold your line!
- Maintain your bike. A badly maintained bike will let you down when you're furthest from home, and could cause an accident.
- 3rd party insurance will be a mandatory requirement of membership from 1st January 2010. This protects you against claims from others and vice versa. Insurance is available as part of the membership of the CTC, British Cycling, LVRC.