

A Guide to Winter Bike Rides with EETC

Equipment

The most important piece of equipment you have is yourself so look after it.

To ensure that mechanical problems are minimized, all riders must keep their bikes in a road worthy condition. All riders should carry sufficient and appropriate equipment to enable them to complete the ride in a satisfactory and enjoyable manner, without putting a burden on fellow riders or the Group Leader.

The following items should be checked on your bike as soon as you can and shouldn't be left until the morning of the planned ride:

Frame	Tyres	Rim
Wheel nuts/quick release	Seat post	Tyre pressure
Hub	Saddle	Headset
Spokes	Bottom bracket	Stem
Brake cable tension	Pedals	Handlebars
Brake cable	Front derailleur	Brake Levers
Brake calliper	Chain	Gear Levers
Brake blocks	Rear derailleur	Brake cable outers
Other accessories		

A printable version of the Pre-Ride Checklist can be found by clicking on this link: [EETC-Pre-Ride-Bike-Checklist.pdf](#)

Clothing/Equipment

The best approach to take is to wear a various layers that can easily be removed or added as required.

The most important layer is the one next to your skin. This will help to keep the moisture off the body preventing you from getting cold if you have to stop. A helmet is essential and no cyclist is allowed start without it. Although we all like to look stylish in darker colours when riding, as a lot of our rides will be in the early morning, these colours are not conducive to being seen. If possible, wear brighter colours so that it is easier for drivers of vehicles to see you.

Recommended clothing/items are as follows:

- Helmet - ***COMPULSORY*** (All helmets need that are to be worn must be CE-marked or meet BS6863)
- Gloves (suitable/applicable to the conditions in which we will be riding)
- Appropriate clothing for the weather. (Look at the weather forecast for the areas where you will be riding, and not at home)
- Light Rain Jacket
- Winter hat
- Front and rear lights
- Padded Cycling Shorts / leggings
- Warm Footwear
- Sufficient water or energy drink for the duration of the ride (2-4 hours depending on the group)
- Sufficient food for the duration of the ride (2-4 hours depending on the group) - Energy bars; bananas; Gels; Peanut butter sandwich/bagels etc
- Puncture repair kit, pump or Co2 inflator (with canisters), spare inner tubes, 2no tyre levers
- Multi tool that is appropriate to your bike
- Fully charged mobile phone
- Sufficient money and/or debit/credit card
- EETC Membership card

If your bike is deemed to be non-road worthy, or you haven't brought sufficient equipment or food/hydration with you, the Group Leader is within their rights to stop you from joining the ride. We do not want for this to happen, so please check your equipment the day before, and prior leaving home!

Group Riding

Riding as a group is a great experience however you are responsible for your actions and safety; it is essential that you adhere to the highway code and must be respectful of other road users and the rest of the group at all times so we all get around safely for that reason you are expected to familiarise yourself with the following safety points and put them into practice on training rides:

Ride guidelines

- Behave in a manner that represents cycling and our Club in a positive light
- Act for our own safety and well being, and that of those around you
- Respect your fellow club members
- Riders are responsible for their own health and safety at all times
- Respect the rules of the road, and adhere to the Highway Code
- New riders and those changing group should inform the leader of their abilities and presence, so he or she is aware
- Riders stepping down a group should respect the speed of the that group and not try to push the group faster deliberately causing fragmentation of the group

Ride Discipline

- Riders should select a group that matches their riding ability
- Be aware of riders behind you. Try to ride smoothly and do not brake without warning, if it can be avoided
- Shout warnings and signal to other riders if there is a danger in the road ahead. Examples of suitable group communications can be found in the attached pdf: [EETC-Group-Cycling-Communication-Guide.pdf](#)
- Groups should allow appropriate gaps in traffic and slow to allow enough time for the entire group to negotiate obstacles
- Should the group be split, riders should slow down or find a safe place to stop and re-group before proceeding any further
- When stopping ensure you do not cause an obstruction. Do not stop 2 abreast and get off the road immediately. Assume that cars will NOT stop for you
- The group should always stop and assist any of its riders suffering from mechanical or physical problems
- The group should always wait for the last rider, unless the last rider has requested to be left, or an arrangement made with everyone's consent, that the group will not wait for dropped riders
- No rider should leave the group without first notifying the Group Leader
- Do not undertake. Pass only on the right and when it is safe to do so
- Avoid unnecessary adjustment of your bike or drink bottle/phone/food etc while in the pack

- Stay alert, don't follow the person in front blindly
- Do not overlap your front wheel with the back wheels of those in front of you
- Do not cycle more than two abreast and Always keep your hands on your brakes. All riders should avoid sudden braking or movements
- Don't follow the group through traffic lights if they are not green, the group will wait or slow down so you can catch up
- Avoid unnecessary adjustment of your bike or drink bottle/phone/food etc while in the pack
- If a car is behind and wishes to overtake, the rider at the back should call out to the group then. Riders **SHOULD NOT** signal the car through. It is the responsibility of the driver of the vehicle to decide when it is safe to overtake.
- Tri Bars are permitted within the rides but should only be used when cycling at the front of the group because they don't allow for emergency braking.
- If you see any member of the group transgressing these rules please don't leave it to others to tell them. If you receive such advice then please act on it because the impact of what you are doing may not be obvious to you.
- More space between riders should be allowed for on descents, steep climbs, wet or slippery surfaces, heavy traffic or where inexperienced riders have joined the group

The key to a successful club ride is good communication. Each rider has the responsibility to inform others (preferably the Group Leader) what their intentions are.

Emergency and Accident Responsibilities

Each of the Group Leaders has received basic 1st Aid Training, but they do not provide full medical support for the Club Rides. In the event of an accident, the Group Leader will do all they can to assist any rider who has suffered an injury or medical emergency

Riders who have pre-existing medical conditions that require special treatment must take precautions to ensure that information about their condition can easily be found by the emergency services or other medical professionals in the event of an accident or medical episode.

If a rider has a condition that might manifest itself during the ride then they must notify the Group Leader. However, the rider will need to be responsible for themselves.

Finally...

Enjoy yourself and don't forget the coffee and cake at the end!! (that's secretly why we all ride!)