

Code of Conduct for: Ride Leaders

The essence of good ethical conduct and practice is summarised below.

During cycling activities ride leaders shall:

- Consider the well-being and safety of other participants before the development of performance.
- Maintain an appropriate relationship with other members, participants, club officials & volunteers, based on mutual trust and respect.
- Follow all guidelines laid down by the National Governing Body and the Club.
- Consider the need to obtain appropriate 3rd party insurance cover for the activity being undertaken.
- Accept responsibility for their own performance and behaviour & acquit themselves responsibly & ethically at all times whilst on club activities or representing the Club.
- Value participation of others and not just results.
- Have due regard for pedestrians and other legitimate users of footpaths, roads, bridleways, venues or land.
- Have been assessed as competent to lead rides by a Club official.

Route Planning:

- Plan routes of suitable distance & technical difficulty to suit the ability of all riders in attendance.
- Manage the speed of the ride to suit the fitness & ability of all riders in attendance.
- Take into account daylight hours when planning the route.
- Plan the route to avoid known hazards where practicable & take into account temporary conditions or roadworks.
- Review the weather report & take conditions into account during route planning.
- Plan stopping points in known safe locations.

Riders Briefing:

- Publish &/or brief riders on the proposed route any specific hazards, 'lost' procedure & emergency action plan (EAP).
- Brief riders on hand/verbal signals to be used & ride discipline.
- Review riders' clothing with respect to suitability for the conditions.
- Review riders' helmets for correct fitting.
- Carry out equipment checks ([British Cycling 'M' check](#) suggested) with riders.
- Ensure availability of contact details & emergency contact details for all riders in attendance.
- Check if any riders have pre-existing medical conditions or injuries that the ride leader ought to be aware of.



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- Greet new/unknown riders & establish their fitness/ability to ensure the planned route is suitable.
- Check numbers & consider splitting into groups of no more than 8 riders.
- Consider splitting into groups based on ability (subject to availability of additional ride leaders).

Whilst riding:

- Ensure good ride discipline & hand/verbal signals are observed.
- Adapt the route should unsuitable road conditions/ hazards be encountered.
- Ensure stopping locations are safe.
- Take action & implement 'lost procedures or EAP as required.
- Ensure that all riders are accounted for at all times.
- Observe & enforce the riders code of conduct.