

## **Cycling Code of Conduct Guide, for Team De Ver**

*adapted from British Cycling's guidelines and previous guidance written by Gordon Falconer.*

### **We/I, as Team De Ver club member(s) agree to :-**

1. Adhere to the Highway code:
  - Remain no more than 2 abreast, single out on busy roads and narrow lanes.
  - Show consideration, to the safety and well-being of all road users, at all times.
  - Stop at red lights and pedestrian crossings.
  
2. When Group Riding:
  - Give warning of obstacles and approaching vehicles, loudly and clearly, and/or with clearly agreed hand signals, passed back.
  - Be mindful to heed warnings from other riders at any time.
  - Be mindful of the needs of all road users around you, esp children/animals, potential for unforeseen incidents.
  - Stay focussed on the riders directly in front, and ahead of you, in case they slow or stop unexpectedly.
  - Avoid sudden breaking or sideways movements, unless in emergency.
  - Move to the back if you need to change clothing for instance that disrupts the group flow.
  - Do not use music players, check phone or anything that takes your focus away from the other riders, road conditions and other road users around you.
  - Adhere to specific guidance on the day, by ride leaders.
  - Remain behind the ride leader except when ascending a hill when everyone should go at their own pace and wait at the top of the hill for the group to re-assemble.
  - When on sportives or large riding events, adhere to the additional guidance for that event.
  - Allow young people under 18, joining rides only if accompanied firstly, by a De Ver member parent/guardian. Thereafter, at the discretion of ride leaders.
  
3. Be equipped for all conditions and wear appropriate clothing:
  - Wear a helmet on all Team De Ver group rides.
  - Carry a spare inner tube, tyre levers and pump, multi-tool.
  - Be prepared for changeable weather conditions.
  - Carry energy snacks, water + money in case of bike mechanicals, unfixable on the road.
  
4. Act respectfully to each other and local people, in good faith and in the club's best interests:
  - To observe and address any concerns that may contravene this, by addressing it directly, where possible, within the inclusive positive culture of the club, or by discussion with fellow trusted members.
  - This may include informing Team De Ver's committee, to consider appropriate action, on behalf of the club, if any matter is not resolvable through informal friendly means, in good faith.
  - Serious contraventions may include - bullying, harassment, offensive behaviour and/or language, racial or gender-based discrimination, other forms of discrimination, eg against age, disability, sexuality.
  
5. **To ensure each other's safety, enjoy each other's company, and have some fun on the great country lanes we have available to us.**