

CODE of CONDUCT for MEMBERS



- Ensure you arrive at the club in enough time to hear announcements, they may relate to your ride
- Choose a ride appropriate to your ability. If in doubt speak to a ride leader. Don't force the pace of a ride. If the ride is too slow or fast for you, please join a different ride the following week.
- Ensure that you are medically fit to take part in the ride. If you are not feeling at your best or have a slight injury, please make the ride leader aware.
- Please ensure you have an emergency contact card in your saddle bag and wear clothing appropriate to the conditions which can change very quickly route. Your leader may bar you from the ride if your attire is considered unsuitable or unsafe.
- The maximum number on any ride is normally 14, for safety reasons a ride may be split, please be tolerant of the need to do this.
- Obey all the rules of the road as if you were driving a vehicle. Never ride through a red light to stay with the group. Ride no more than 2 abreast and single out when asked by the leader or back marker.
- If you wish to leave the group before the ride is completed ensure that you have notified the leader.
- MDCC strongly advise cycle helmets are worn during any club event ride.
- Under 16s must have a signed Parental Consent Form before joining any ride.
- Please take note of any instructions during the ride, they're for your own benefit and safety.
- Please pass on any messages, verbal or visual, from the leader, i.e. potholes, pedestrians, horses along the line.
- Your bike must be in good order with working brakes and tyres pumped up. Please bring enough drink according to the ride length and weather conditions plus enough money for any cafe stop.
- Move away from arguments with other road users. Please report incidents of dangerous driving to the police.
- In the event that the group splits, please wait at the top of hills and at junctions to regroup. Don't congregate across a junction when waiting or on the inside of bends.
- Do not ride up the inside of other riders and alert others when overtaking them.
- All our leaders are unpaid volunteers. They will make mistakes but are always trying to ensure the safety of the group and act in the best interests of the club. Please be mindful of this, do not be critical or disrespectful. If you have an issue please raise this quietly with the leader. Criticism, disrespect, aggression and inappropriate language will not be tolerated. If you feel you cannot approach your ride leader please email the club secretary at info@mdcc.org.uk who will act accordingly.

- Please acknowledge other riders on the road with either a hello, wave, nod and smile. It's important that MDCC is seen as a friendly club that sets high standards.
- Please note that you ride at your own risk and the club accepts no responsibility for your personal safety.

