

Claremont Senior Bicycle Group Ride Protocol and Safety

CSBG RIDE PROTOCOL:

- All CSBG riders must wear helmets, obey traffic laws and ride in a safe manner. This includes following the general cyclist rules in the paragraph below, titled “Ride Safety and Courtesy for All Riders.”
- Ride as one group for mutual aid, safety and support.
- Each group ride of more than about 4 bikes is to have designated leader and sweep persons.
- All riders in a CSBG group are responsible for the safety and well-being of all other group members, although this primary responsibility is with the ride leader and sweep.
- The leader usually rides at or near the front of the group and takes primary responsibility for proper ride behavior and safety of all group riders. Appropriate use of two-way radios is encouraged at least by the leader and sweep. For rides that have unique routes, the leader assures that all riders have route slips and know emergency routines – including knowledge of key cell phone numbers as a backup for two-way radios and voice communication. In the event of a flat tire or mechanical problem, the sweep person informs the ride leader usually with a recommendation to stop or to continue, thereby breaking into 2 groups.
- Before a rider leaves the group he/she should notify the leader or sweep to avoid delays and worry for the group.
- During rides where there are alternative routes taken by subgroups, each subgroup is to appoint a sweep person to ensure that no one is dropped.
- Route slips are normally provided for routes that are new or used infrequently.
- Each rider is expected to carry a working pump, tools and repair kits (preferably at least one spare tube) for flat tires, because there are a variety of non-interchangeable tubes.

RIDE SAFETY AND COURTESY FOR ALL BICYCLISTS:

- The cardinal ride rule is to be safe for yourself and all road users.
- Second: Be courteous to others in the group and all other road users.
- By law, bicycles are vehicles subject to all rules of road users, including stop and yield signs, construction zone caution, signaling for turns and stops, etc.
- Do not pass or ride on another cyclist’s right side.
- If you pass another cyclist, call out a warning such as “on your left” so they know you are passing.
- Maintain at least a three foot distance (door zone) when passing parked cars.
- The California vehicle code states that bicycles ride “as far to the right as practicable”. This is the basis for police citations against riding two or more abreast. At a minimum, do not impede traffic by riding two or more abreast when there is only one travel lane in your direction.
- Point out road hazards such as glass, debris, severe bumps and potholes to following riders.
- Call out “Car back” when an auto is passing so that forward riders are aware and can move to the right as far as is safe.
- Proper and safe use of traffic lanes under most road circumstances is explained in the booklet “Street Smarts” and at the web site <http://www.bikexprt.com/streetsmarts/usa/index.htm/>