

CYCLISTS'

RESPONSIBILITY CODE

- 1 Always stay in control. You must be able to ride safely among others, come to a complete stop, and avoid obstacles – all without causing harm to yourself or others.
- 2 Ride Leaders must be familiar with the ride route and environs.
- 3 You must only participate in rides that match your fitness and ability level. Do not participate in any Club ride unless you are a Member of the Club.
- 4 Obey, at all times, the rules governing this sport, and the rules and etiquette governing Club rides. Observe and obey all directions issued by the Ride Leader.
- 5 You must wear an approved helmet at all times while astride your bicycle at a Club ride.
- 6 Use only equipment with which you are familiar and which is in good working order.
- 7 Do not stop where you may obstruct other Club riders or where you may not be visible to Club riders or others.
- 8 You must not participate in a Club ride if you are under the influence of drugs or alcohol, excessively fatigued, or if you are dizzy or ill.
- 9 If you will not finish a Club ride you must clearly report to the Ride Leader that you are withdrawing.
- 10 Understand this sport, and take time to read and understand all relevant documentation, including Risk Management and this Code.

**KNOW THE CODE – BE SAFETY CONSCIOUS
IT'S YOUR RESPONSIBILITY**