

Dorking Cycling Club

Safety Points



Overview

- The safety of DCC members is very important to us and this page provides a few key safety points. All riders on Club rides should read these Safety Points before riding with the Club

Before the ride

- So that you know how to ride on the road in a group:
 - Make sure you know the Highway Code
 - Read the DCC Group riding guide
 - If you can, attend one of our coached group riding sessions at Cyclopark
- If you have doubts about your fitness or health, don't ride until you have seen your doctor for the appropriate checks
- Be seen!
 - It's recommended to use front and rear lights at all times
 - Wear light / bright colours
- Wear clothing appropriate to the ride distance and weather forecast:
 - Carry a water-proof top if there is any chance of rain
 - Too many layers are better than too few
 - Mitts and eye protection are recommended
- Take sufficient water & food for the ride
- Check your bike regularly, in particular brakes & tyres
- To be able to deal with minor repairs & puncture on the ride:
 - Carry appropriate equipment (2 spare tubes; multi-tool, tyre levers and pump)
 - Practice changing an inner tube
- Other equipment:
 - Helmets are required on DCC Club rides
 - The Club does not allow bikes fitted with tri- bars/aero bars on group rides
 - Carry a mobile phone, but DON'T use it whilst riding
 - Ensure that your emergency contact details are available, preferably through entering these on Spond. Alternatively, carry an 'ICE' (In Case of Emergency) card in your jersey or saddlebag or have these details available on your phone

During the ride

- You are responsible for your own safety and for riding sensibly, within the rules of The Highway Code and in line with the Club's Group Riding guidance
- It is the responsibility of members to ride safely as individuals and as part of a group and to speak up during the ride if witnessing unsafe behaviour within the group
- Wearing headphones or playing music is not permitted on Club rides

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- If the group has to stop e.g: for puncture, make sure you move to a safe position, off the road where possible and not obstructing the pavement
- If waiting for riders at junctions etc move well to side or out of the road to allow vehicles to pass
- At top of climbs wait at first safe point off the road, not on the brow
- If a vehicle is waiting to pass, consider pulling over at a safe place to let them pass
- If you are feeling unwell, let people around you know immediately
- If you are struggling with the pace, avoid doing turns at the front of the group & let the ride leader know so they can moderate the speed or discuss an alternative return route, preferable with another rider

Post ride

- Report any nasty potholes to Surrey County Council
<https://www9.surreycc.gov.uk/HighwayIssue/whatistheissue.aspx?&code=potcw>