Club Handbook – Part 1

General Information

November 2026

We have tried to keep "*rules*" to a minimum but, as with any organisation, there are ways of doing things that have been developed over time and through experience that will help to keep things running smoothly. Everyone must read *Part 2* on group riding and, if applicable, *Part 3* on leading a ride. If you have any questions, or if there is anything that you do not understand, please speak to a ride leader.

Most of our rides start at the Parson Woodforde. ***Please***, park at the far end of the rear car park and be respectful with regards to their clientele.

We are a social club and not a business. The Club is run by its members for the benefit of its members. The Club accepts no responsibility for injury, damage or loss during any ride or activity associated with the Club. Those riding do so entirely at their own risk and undertake to ride with due regard for their own safety and that of other riders and road users.

INSURANCE

We are affiliated with British Cycling which provides third-party liability insurance for club officials and ride leaders. Potential new members, that have ***a genuine view to joining***, may be invited to participate in ***one or two club activities*** and be covered by the Club's insurance during those specific activities.

This insurance ***does not*** cover individual ride participants. Riders are strongly urged to join British Cycling or Cycling UK, which includes third-party insurance. Some home insurance policies ***may*** include cover for third-party liability during sporting activities but please check the policy wording very carefully.

COMMUNICATIONS

Our primary means of day-to-day communications is via our *Community on WhatsApp*, once added to the Community you can select which groups you wish to join. Our website has links to Facebook and Instagram.

ROUTE PLANNING

Ride with GPS is our go-to app for route planning (free sign-up at www.ridewithgps.com). *Part 3* has details on how to plan and download a route. There restrictions with the free version, particularly with using a mobile, a desktop computer has fewer.

RIDES

We focus on providing year-round group rides, on-road, using road bikes and try to cater for riders of different levels of experience and ability (average speed). The number of groups depends on ability and numbers attending. All riders ***must*** wear a properly adjusted cycling helmet and acquaint themselves with *Part 2* on group riding. Members are also requested to purchase and wear a Club jersey. Our website provides a list of rides, with details posted on the relevant WhatsApp group.

It is a requirement of British Cycling that all riders, including guests, register before a ride, so that ride leaders have their phone number and up to date next of kin details. A link will be published with the ride details and is available on the website. Registration can be completed on any web-enabled device. For those without web access, another rider will be able to register you when you arrive for the ride. This information has already been used to ascertain someone's safety, when they have gone missing during a ride, and is necessary should there be significant injury, and may be needed for bike recovery.

Groups

Splitting into groups makes for an enjoyable ride for everyone, so it is important to try and be in the most appropriate group. The fastest could average 20 mph (32 km/h), whilst the "*social*" group generally averages around 15 mph (24 km/h), with others in between. You will be asked which group you would prefer to ride in; please be realistic is assessing your own capabilities!

It is important that you understand *Part 2* on group riding. If you have any questions, or if there is anything that you do not understand, please speak to a ride leader.

Leaders

The majority of rides are planned and organised by experienced Club members. We would really appreciate it if you would give it a go; you would get plenty of help. Information for ride leaders is contained in *Part 3*.

E-Bikes

Whilst we do welcome e-bikes, they are not suitable for most of our rides, because the average speed for the slowest group on our popular Sunday ride, for example, is 15 mph+ (24 km/h). To achieve this average, a large proportion of the ride could well be around 18 mph (29 km/h), or more. To ride with the club on an e-bike, it would have to be road-legal, which only assists up to 15 mph+ (24 km/h). Given this constraint, a rider, on a heavier e-bike, would struggle to maintain a higher speed over a prolonged period, without assistance.

Our Tuesday Social ride from Lyng caters for e-bikes and we do run occasional slower rides on a Sunday, depending on demand and being able to find someone to lead. Alternatively Thursday evenings (during the summer) would have a suitable group.

GUESTS

Visiting family and friends (who are capable of riding both the distance and speed) are welcome to join our rides; we will be pleased to meet them. It is important that they are made aware of the benefits of having their own third-party liability insurance and must acquaint themselves with *Part 2* on group riding.