

Sheffield and District CTC Riding Etiquette

The purpose of this guide is to ensure that when riding in a group, all members of the group are riding in a similar and predictable way so that other members of the group and other road users can make sensible and safe decisions.

Riding two abreast (but not more than two)

This can make you safer because vehicles have to think more carefully about overtaking. If riding two abreast try and cycle about 1 ½ handlebar widths apart.

Keeping together

Riders should try to stay together in their group(s). There may be some occasions when this is not feasible, e.g. going up or down hills. Where a group splits the members of that group should stop or slow down to allow time to re-group. Riders within a group should stay fairly close together. This means the group becomes a shorter obstacle for overtaking vehicles and also allows a slipstreaming benefit to riders behind. Depending on your confidence you could ride between 0.5 – 1.5 metres from the rider in front. Cover your brakes.

Where to stop

When stopping, consider other road users and the group's safety. Avoid stopping on a junction or bend, ensure the road isn't blocked and be aware of other traffic.

Changing gear

When changing gear, particularly from the big front ring to the little one on an uphill section, there can be a sudden drop in pace (particularly using a compact chainring). It is important to try and minimise this drop in pace (so the rider behind is not affected) by either increasing your cadence or also changing up a gear on your rear derailleur.

Communication

Normally a signal will be required only from a member of the group at the front and another at the back. You also might use shouts or signals which need to be passed down the group when:

- Slowing or stopping
- Passing a pothole or gravel

If you are going to leave the ride early for any reason, ensure the ride leader is aware of this.

Taking a turn at the front

The front riders will generally provide a buffer from the wind for riders behind. If you feel fit you can take a turn at the front but don't if you are struggling to keep up with the pace.

Observation

It is important you are aware what is going on around you.

- Always check behind before stopping or changing position.
- Front riders need to check people aren't dropping off.
- In a group front and rear riders need to check behind when making a manoeuvre
- When in a group it is important that you don't just stare at the wheel in front but that you are looking at the road ahead anticipating potential hazards.

Horses

Slow down passing horses and say hello to the rider so the horse knows you are there. Don't ring your bell.

Taking up free training

Sheffield and District CTC encourages all riders to undertake National Standards cycle training – see www.pedalready.co.uk