

## **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](http://www.pedalready.co.uk)