

## Guidelines for Skiddaw u3a Cycling Groups

Members should have a legal and roadworthy bike and carry essential kit for repairs. A spare inner-tube, puncture repair kit and a pump as a minimum, you may wish to carry a basic first aid kit.

**It is strongly recommended that you should wear a helmet** as in the event of an accident the benefits of wearing one far outweighs not wearing one. **The Highway Code (Overview 59 – 71) states: A cycle helmet which conforms to current regulations, is the correct size and securely fastened should be worn.**

All rides are during daylight hours but consideration should be given to making yourself as visible as possible. Wearing high visibility clothing with reflective strips and using lights will make you more noticeable.

Due to the number of members wanting to ride we cycle in sub-groups of 6 to 12 members. Where possible each group will have a designated leader who is familiar with the route.

Always cycle considerately and courteously towards other cyclists, walkers, horse riders, and other road users. If motor traffic builds up behind the group consider pulling in to let it pass.

The group conveners and their deputies have emergency contact details which you supplied at the time of sign-up for use in case of an accident or medical emergency. If you have any medical conditions please remember to carry your medication, e.g. Epipen, Inhalers, insulin during the ride in case of need. If any of your details change please advise one of the conveners by email.

The u3a Insurance is for **Public** liability. No cover is provided for **Personal accident, traffic collision or theft**. There is basic legal help if a member of the public injures one of us whilst participating in a u3a activity.

**Walking up hill is definitely allowed** - even the fittest of us have off days, we will wait in the first safe place at the top of the hill until everyone has arrived and has their breath back. Follow the Highway Code and always cycle for the safety of yourself and those around you even when other road users don't. If you want to join or leave the ride other than at the designated start / finish, let your group leader know. This will avoid delays waiting for you to arrive and wasting others time while we try to find you. If you are struggling with the pace do not be afraid to tell the leader so that the pace can be adjusted, our rides are for pleasure not races.

Details about other Skiddaw u3a policies, procedures etc can be found on Skiddaw u3a website.