

**RONDE CC.  
POSITIVE CODE  
OF CONDUCT**

# POSITIVE CODE OF CONDUCT

## Key Principles

Ronde Cycling Club wishes to operate in an environment where people show respect for others and their property. Respect is defined as consideration for another's physical and emotional well being and possessions, to ensure no damage or deprivation is caused to either.

Ronde Cycling Club wishes to operate in an environment that is free from harassment. Harassment is defined as any action directed at an individual or group that creates a hostile, intimidating or offensive environment.

Ronde Cycling Club wishes to operate in a non-discriminatory environment. Respect the right, dignity and worth of every human being - within the context of the activity, treat everyone equally regardless of gender, ethnic origin or religion.

Persons to whom this Code applies acknowledge and agree to comply with the disciplinary and grievance procedures promulgated by Ronde Cycling Club .

## Key Elements

All persons who are bound by this code shall:

- Act in a manner which is compatible with the interests of Ronde Cycling Club
- Accord people involved in cycling with the appropriate courtesy, respect and regard for their rights and obligations
- Treat people's property with respect and due consideration of its value
- Show a positive commitment to Ronde Cycling Club 's policies, rules, procedures, guidelines and agreements.

## Unacceptable Behaviour

This list provides examples of behaviour deemed to be unsuitable and not in the best interests of the sport.

'Sledging' other athletes, officials or event organisers. Sledging is defined as a statement that is deemed to denigrate and/or intimidate another person, or behaviour likely to constitute emotional abuse.

Excessive use of alcohol, acting in a way that becomes a public nuisance, or creating a public disturbance.

Damaging another person's property or depriving them of that property.

The use or encouragement of the use banned substances. (The banned substance list is as outlined under British Cycling's Anti-Doping Policy.)

Statements which are deemed to denigrate the group that an individual is representing.

Any form of harassment.

## Bunch Riding Rules

Please Do Not:

- Overtake the rider/riders at the head of the group
- Jump out of the middle of the bunch
- Sprint ahead
- Ride more than two abreast
- Move up the left hand side of the bunch
- Half wheel other riders. Riding with your bars ahead of the rider beside you is called 'half-wheeling' it causes everything to speed up as people try to keep up. It's up to you to keep to the speed of the slower rider next to you
- Overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall
- Play Leap-Frog. If you get passed by someone, it is nothing personal. Don't go playing leap-frog to get in front only to be taken over again because you can't keep up the pace.
- React to bad driving incidents with gestures or provoke retaliation. Remember you have the Club jersey on and all complaints will go to the shop. Allow the Ride Co-ordinator to speak if necessary.

Please follow this 'Positive Code of Conduct' for the safety of all riders, road users and pedestrians.

## Hand Signals and Warning Calls

These calls and signals are universal to all experienced cyclists - please use them at the appropriate times. Along with hand signals the bunch should use call out to warn of hazards or obstacles. Please learn and use the following, especially if you are on the front.

And remember A SILENT BUNCH IS A DEADLY BUNCH.

## Hand Signals (Please refer to Appendix 1)

Obstacles. Point out anything that might be a hazard to the bunch. Call and point out: Potholes, rough edges, glass, ramps, manhole covers, changing surfaces, patches of gravel, cobbles, parked cars etc. If you wouldn't ride over it then point it out.

Turning. Call and point in the direction you're turning. Signal with an outstretched arm the direction you are turning. Left Arm for turning left. Right arm for turning right.

Passing. When passing a parked car, pedestrian etc. call and point in the direction you're passing. This applies to cycle paths.

Stopping. Right Hand moving in an up and down action. If you brake without letting those behind know your intention they can easily run into you.

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Warning Calls: If someone calls a hazard, others around should repeat the call so it is passed through the bunch.

Potholes: Potholes that might be a danger to the bunch must be called by the lead riders with plenty of warning and passed out down the group. Call POT HOLE INSIDE if it is on the left or POT HOLE OUTSIDE if it is on the right or POT HOLE MIDDLE for hazards in the middle line between two riders.

Inside/Outside: If you see something that the bunch needs to know about then call it either as INSIDE – LEFT, OUTSIDE – RIGHT.

Nose: if a car is coming towards the bunch the leaders call NOSE, this is to be passed down through the bunch. Usually this would be on a single lane road.

Tail: if a car is approaching from behind the last riders call TAIL, this is to be passed up through the bunch.

Easy: if the pace is too high and the bunch is splitting call EASY.

Man Down: if someone is dropped, normally followed by EASY

Puncture: Call out PUNCTURE and raise one hand, hold your line and allow the riders to pass, then pull over to the left hand side of the road. Do not stop in the middle of the bunch.

CLEAR: This call lets following riders know at junctions are clear for the group to continue.

Single Out: SINGLE-OUT should only be called where it will clearly be safer and there is plenty of room for a car to pass a single line of riders and not obstruct traffic coming in the other direction. It should not be called on narrow roads or through bends where visibility is restricted and it would be safer to oblige a car to remain behind the bunch until safe to pass.

The call SINGLE OUT alerts everyone to the need to slow up and create spaces in the inside file.

Stopping: STOPPING or SLOWING or EASY. If you brake without letting those behind know your intention they can easily run into you. If the bunch stops, make sure it is in a safe place, don't spread all over the place forcing cars to stop etc. Find a place to stop where the group can be off the road in a lay-by, gateway or similar so as not to obstruct the road.

The following are not permitted on ANY Ronde CC Club rides:

- Aerobars or other clip-on attachments are under no circumstances to be employed on group rides unless previously arranged by the Ride Co-ordinator.
- No headphones while riding your bike or personal music players to be used during our rides.
- Do not litter. Do not throw your empty gel packets, energy bar wrappers or punctured tubes on the road or in the bush. Stuff 'em in your jersey pockets, and repair that tube when you get home.

Ronde Saturday Club Rides are SOCIAL rides.

Remember you might have Ronde's name on your back, so please respect the jersey, the Club and the shop.

## APPENDIX 1. HAND SIGNALS



Hand straight up in air:  
Group is stopping for a junction, puncture or because there is an obstruction in the road.



Waving/pointing behind back: Indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.



One hand as if 'gently patting an invisible dog':  
Group is slowing down or just ease things back a bit.



Left or right hand extended out to side:  
Direction of turn / change in direction coming up.



Pointing down at road sometimes with a circling motion: Obstruction on road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles. This signal is often accompanied with a call of 'below'.