



Pumicestone Tri Sports Club Group Riding Etiquette

The primary objective of every ride with the Pumicestone Tri Sports Club Inc. is to ensure that every member returns safely to the ride base.

Whenever you ride with the club and its members you are responsible for keeping yourself and preventing other members from being placed in danger.

ATHLETE SAFETY IS THE NUMBER ONE PRIORITY ON EACH AND EVERY RIDE

Pumicestone Tri Sports Club always recognises the importance of safety on our rides and the need for continuous improvement of our riding skills both on the track and on the road. Cycling does come with risks. At PTSC we seek to minimise these risks by providing cycle coaching and skills training, and setting rules and behaviours that are expected to be followed on every PTSC ride.

This document details our cycling rules and expected riding etiquette (behaviour). It's expected that all PTSC riders understand and obey the QLD road rules. In general we advocate that while riding with PTSC it should be;

- FUN and to do this we must ride SAFELY (follow the rules).
- So we are all safe we must be PREDICTABLE (display appropriate behaviours).
- To remain predictable we must CONSISTENTLY follow the first two dot points while practicing and continuously improve our cycling skills.

The following information provides a guide to the expected group riding etiquette within the Pumicestone Tri Sports Club.

As a member, if you see someone doing something, which is not in accordance with this guide, it is your responsibility to remind or correct them in the first instance. However, if you witness a serious breach or matter of non-compliance, please raise this with the Coach at the conclusion of the ride.

Pumicestone Tri Sports Club Riding Principles

The 6 key principles of all of our group rides are:

1. Respect
2. Obeying all road rules
3. Communication, communication, communication!
4. Maintain correct group cycling formation
5. Adherence to the speed/tempo (power output) and course for the ride as assigned by the Coach
6. Essential equipment for all group rides

1. Respect

- Please respect the judgment and instructions given to you by club members with more experience than you. All new members need to integrate into the existing ride culture and groups.
- If you are participating in an event organised by the Pumicestone Tri Sports Club, please be mindful you are representing the club and its sponsors.

2. Obeying all road rules

- Obey road rules; non-compliance is not only being dangerous to yourself and others, it can lead to fines and loss of demerit points.
- Don't follow someone who breaks a road rule e.g. riding through red traffic lights or cutting in front of traffic at roundabouts. · Use a cycle lane when available.
- Give way! – Vehicles always win.
- Be defensive to drivers and maintain eye contact with any vehicles that may be in your path

3. Communication, communication, communication!

- Each and every person in the bunch is dependent on you. You are their eyes and ears and they are yours – you are responsible for knowing your verbal and hand signs (refer to table 1 below).
- You cannot afford to be a non-communicator!!! You must communicate at all times via signal and verbal communication to minimise the risk to yourself and other athletes within the Pumicestone Tri Sports Club.
- Always be on the lookout to communicate any possible dangers (e.g. glass, debris, etc.).
- Maintain peripheral vision.
- Think and look well ahead to gain time and space to react if necessary – communicate when changes occur.
- To allow for proper communication, no headphones are permitted to be worn during Pumicestone Tri Sports Club group rides.
e.g. a parked car

Table 1 - Verbal and Hand Signals

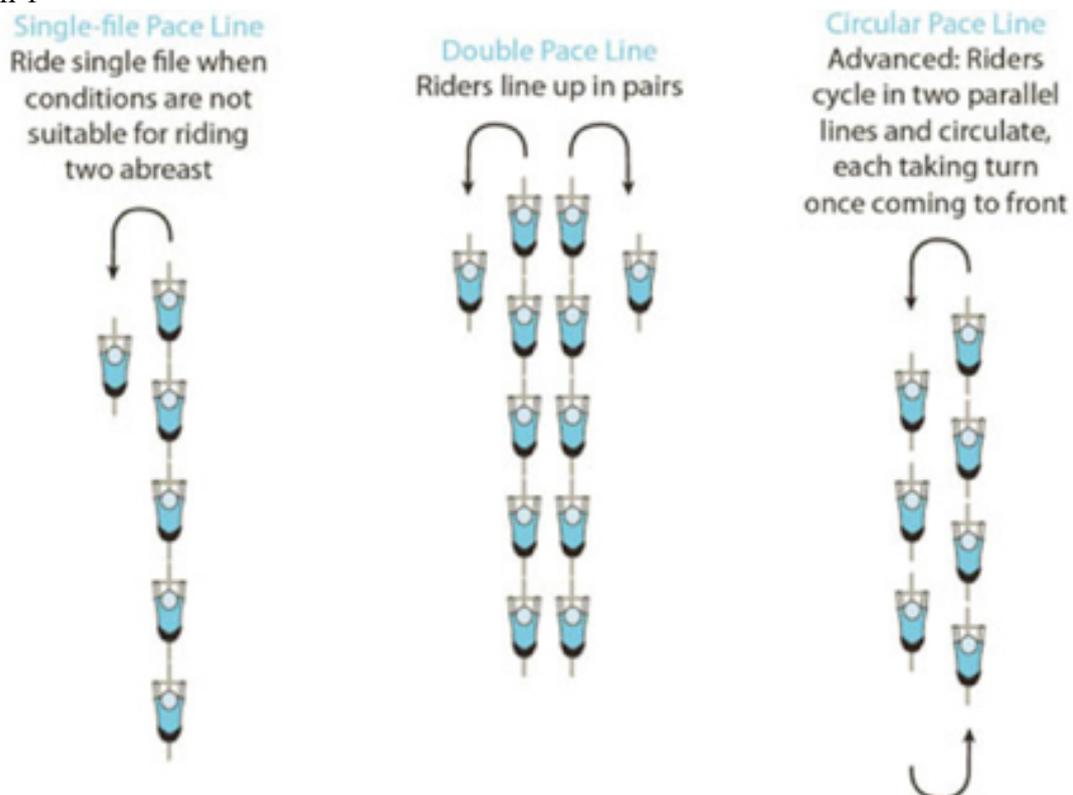
Verbal Calls	Hand Signal	Example of Use
“Slowing”	Palm facing down, raise your hand up and down	
“Stopping”	Palm facing out, make a stop sign with your hand behind your back	
“Hole”	On your right: point with your finger (on your right hand) at the ground where the hazard is located On your left: point with your finger (on your left hand) at the ground where the hazard is located.	Pointing out hazards on the road, such as rough asphalt, potholes, debris etc.
“Gravel” or “Glass”	Palm facing down, shake your hand from side to side	Gravel/broken glass
“Car back”	Not applicable	When a car is behind
“Moving Right (or Left)”	Moving right: point right with your left hand behind your back Moving left: point left with your right hand behind your back	When moving around an obstacle e.g. a parked car

4. Maintain correct group cycling formation

a) Riders in the front of the group

- When you transition to the front of the group your goal is to maintain the speed that you were doing when you were the second rider – please do not accelerate the group.
- Your role is then to maintain the designed tempo of the ride.
- The communication starts with the front rider as you will have the best vision of the road ahead and any possible dangers. You must begin the communication to the rest of the bunch as previously described in point 3.
- Communicate to the second rider when you are going to roll through – please aim to do this when safe i.e. away from traffic islands and traffic etc. as you will need to ride in toward the middle of the road for a period of time.
- The preferred method for swapping turns is to roll the group from right to left **(refer to diagram 1 below)**.
- Should it be necessary to peel off the front of the group e.g. you have a mechanical, you must go to the end of the group – pushing into the group can cause dangerous changes of pace.
- The front rider is responsible for ensuring they do not lead the cyclists following them into dangerous situations such as entering an intersection or roundabout when everyone cannot pass through safely.

Diagram 1



b) Rotations

- Be predictable in all your actions, communicate verbally and non-verbally any change of direction or change of pace to the group before you make them.
- Ride directly behind the wheel in front of you. **Do not “half wheel”**.
- Leave a gap suitable for your skill level and environmental conditions.
- Ride single file at all times and inside of the parking line unless there is a cycling lane in which the group can comfortably ride two abreast.
- When moving from a “double” to a “single” file formation, the left wheel (person on the left) stays left and the right rider moves behind the rider to their left – this will only occur at the end of a designated cycling lane that we may be using.

5. Adherence to the speed/tempo (power output) and course for the ride as assigned by the Coach

- Riders in our club are divided into groups based on the average speed (power output) of the ride.
- Please join rides that are within your capability – this avoids other club members having to wait for you if you cannot keep the assigned speed or alternatively avoids you going too fast for a given group speed.
- If someone decides to increase the pace dramatically at the front of the group then let that person go. A rider who wants to go faster than the assigned tempo can ride alone as they are not respecting the etiquette of the group.
- Ride courses are designated for the safety of the group as they often have a wide shoulder and fewer cars than an alternative route. Please adhere to the assigned route.
- If you do not know the assigned route please ask the coach before you start.

6. Essential equipment for all group rides

- No correctly fitted helmet, no ride!
- Don't wear earphones during the ride
- While riding in the Pumicestone Tri Sports Club groups, no rider is permitted to be on their aero bars regardless of their ability, goals and experience.
- All riders must carry a spare bike tube (or 2) and equipment to change a flat tyre on every ride (e.g. a pump or CO₂ canister). Please also learn, before your ride, how to change a flat tyre should this occur.
- All riders should carry a mobile phone with ICE (in case of emergency) as emergency contact.
- All riders must use front and rear lights for all early morning rides. Including rides on closed tracks such as the old logging track.
- All riders must start each ride with a full water bottle.
- All riders must carry sufficient nutrition to complete the planned ride.
- The preferred tyres for club rides are 'wet weather tyres' rather than 'race tyres'.
- It is highly recommended that all riders wear protective glasses or sunglasses to provide eye protection from road grit.