

Safety Skills: Read, learn and Practice:

the Cycling Bunch Riding etiquette; On the club web site

the Rode Code; Linked to the club web site

the Land Transport Cycling Safety documents, linked to the club web site.

Manukau vets Cycling Club also runs club rides in bunches of 12 or less, but definitely less than 16 to ensure optimum safety levels and an ability not to exceed a two abreast riding formation.

- Wear **high Visibility** clothing/vests on solo rides and for all rides early mornings, late afternoons and night.
- Do not use head phones, ear pieces, I-pods or text while you are riding. The ear pieces are for pros racing on closed road routes, no one else.
- Head and tail lights should be fitted, the rough guide is for high visibility vests and lights to be on by 5.15pm, though permanent use of hi-visibility vests is recommended for solo riding.
- Ride single file on busy and narrow roads.
- Don't slalom parked cars, hold a straight line, about 1 meter out so that any opening door will not wipe you out.
- Use **long and defined hand signals**. But also **LOOK back** to see what traffic is coming
- When going around traffic Islands **"own"** the traffic lane.
- **Thank traffic** that has given you courtesy.
- Don't draft Buses or trucks. If you need to motor –pace, get a knowledgeable Roadee to do it for you on a secluded country road.
- Don't run the red lights or loop the lanes on four sided intersections.
- Indicate to cyclists behind of obstacles such as parked cars, islands, glass road kill, manhole covers (call out as well if needed).
- Indicate to following cyclist's your intention to stop with hand raised vertically in the air.
- If you are coming on an obstacle on the left of the road use a hand across your back to indicate to following cyclists you are moving out to round it.
- Hold a straight line when riding, do not wander, neither following cyclists nor vehicles can read what you are doing when you wander.
- Do not suddenly brake without warning, (could happen with a puncture or riding over close behind the rider in front)
- Going to stand from seated position causes a momentary stall of the bike tell those behind what you are going to do, or thrust significantly on your pedals to counteract the stall action.
- When undertaking (passing other vehicles on the left, be very wary of their reaction, or that there is an intention by them to turn left across your intended route. Treat all cars being undertaken as having the right of way.
- The safest place to eat and drink is at the rear of a group.
- If you have a puncture or have eaten food **take your waste tube or food wrapping** with you.
- **NEVER**, leave a rider behind, or riding on their own.
- If there is a slower rider, be prepared to stop, or loop around to return to them. Sometimes to go slower using a harder gear at low revs, will give you a better benefit than just coasting in an easy gear, it will provide good resistance training whilst not racing away from the slower rider.
- Carry your own spare tube and tools; don't rely on the other rider to have it for you.
- Avoid turning on wet road paint, metal plates, covers or diesel spills etc
- Hands should be on the handle bars at all times except for changing gears, eating and drinking.

Bad language, rowdiness, and obtuse behavior, presents a bad Public image for all cycling.