



ROAD RIDER'S CODE OF CONDUCT

This code has been developed so that all participants will know what is expected of them - for the safety and enjoyment of everyone.

I WILL :

- ride my bicycle following the same rules of the road as other vehicles and obey all applicable laws and traffic control signs.
- ride on the right and only take up as much lane as required to avoid hazards.
- ride single file except when passing another cyclist.
- call "car back" or "car up" upon being aware of a car approaching. Riders must "single up" upon hearing this.
- ride prepared for minor mechanical problems (i.e. carry a spare tube, pump and basic tools).
- not use earphones, a phone or tri-bars when riding in a group.
- safety check my bike before any group ride (tires, wheel skewers, brake pads, etc.).
- carry personal identification.
- ride in groups not larger than 6 riders, thus allowing vehicles to pass freely.
- not overlap my wheel with the wheels of other riders, except for very short intervals.
- when overtaking another rider, do so by saying "on your left" or "on your right."
- point out and/or call out hazards, such as "hole", in the event of road surface hazards, or "walker/runner" if someone is approaching on foot.
- if I am the 'rear sweep', I will ensure slower riders (stragglers) are checked with for mechanical or health matters.
- drink before I am thirsty, eat before I am hungry and rest before I am tired.
- develop my cycling skills (*SMOOTHNESS*, *CONSISTENCY*, *CONCENTRATION*) to be able to ride in a straight line with smooth pedaling strokes and be "a good wheel to follow."
- not be confrontational with others. If required, I will call HRM Police @ 490-5020.
- regularly rotate the lead in a paceline.
- if I accidentally go off onto the gravel at the side of road, rejoin after the group has passed.
- not be shy about pointing out the unsafe riding practices of others (in a constructive and encouraging way). It is in my interest and that of my fellow riders.
- recognize that the Executive of the Club, at its sole discretion, may revoke membership and/or refuse membership.

JANUARY 2010



MOUNTAIN BIKE RIDER'S CODE OF CONDUCT

This code has been developed so that all participants will know what is expected of them - for the safety and enjoyment of everyone.

I WILL :

- ride my bicycle following the IMBA Rules of the Trail:
 1. Ride on open trails only
 2. Leave no trace
 3. Control your bicycle!
 4. Always yield trail
 5. Never scare animals
 6. Plan ahead
- always wear a helmet.
- ride on the right and only take up as much path as required to avoid hazards.
- ride single file except when passing another cyclist.
- ride prepared for minor mechanical problems (i.e. carry a spare tube, pump and basic tools).
- not use earphones or a phone when riding in a group.
- safety check my bike before any group ride (tires, wheel skewers, brake pads, etc.)
- carry personal identification.
- not overlap my wheel with the wheels of other riders, except for very short intervals.
- when overtaking another rider, do so by saying "on your left," "on your right," "track left" or "track right" .
- point out and/or call out hazards, such as "tree", in the event of trail hazards, or "walker/runner" if someone is approaching on foot.
- if I am the 'rear sweep', I will ensure slower riders (stragglers) are checked with for mechanical or health matters.
- drink before I am thirsty, eat before I am hungry and rest before I am tired.
- not be confrontational with others. If required, I will call HRM Police @ 490-5020.
- if I accidentally go off the trail or come off my bike, make way for other riders and rejoin after the group has passed. I won't become an obstacle for other riders.
- not be shy about pointing out the unsafe riding practices of others (in a constructive and encouraging way). It is in my interest and that of my fellow riders.
- recognize that the Executive of the Club, at its sole discretion, may revoke membership and/or refuse membership.

JANUARY 2010