

Gentle Cycle Group - Beverley and District u3a

Good Practice Guidelines

- Cycle helmets are compulsory.
- Always wear a bright, preferable high viz jacket or tops.
- Always carry a spare inner-tube, pump, puncture repair kit, tyre levers and wheel nut spanners.
- Your cycle should be well maintained and/or regularly serviced.
- U3a insurance is third party only, personal insurance is your responsibility
- Use cycle paths wherever possible.
- Don't ride more than two abreast, in heavy or fast moving traffic, ride in single file. Shout 'car!' if a vehicle is coming behind the group.
- Take care when overtaking stationary traffic, pedestrians, horses etc. leave plenty of space.
- Take extra care when riding at speed, e.g. going down steep hills, especially when approaching a raised kerb, wet or rutted road surfaces.
- Warn other cyclists of potholes or obstacles, by pointing downwards with your hand.
- When overtaking fellow cyclists, warn in advance stating, "passing on you right".
- Glance over your right shoulder when changing direction.
- Accident reports will be necessary for any accidents which require medical attention or result in damage to third party property.
- We will not normally start a cycle ride for this group if any of the following weather conditions are forecast to occur:
 - Heavy and persistent rain,
 - Temperature to fall below 5 degrees celsius,
 - Windspeed to exceed 15 m.p.h.
- The App "What three words" is recommended for precise location between group members, or for assistance