

LALG Guidance for Cycling

It is important that all cyclists, for the safety of themselves and others, are familiar with the [Highway Code](#). The pages relevant are the 'Rules for Cyclists', pages 59 - 82

Easy Rider Cyclists

- It is the responsibility of all cyclists to prepare themselves for the ride that they are undertaking - including personal fitness, equipment, clothing and suitable refreshments.
- All cyclists are responsible to make sure their bike is roadworthy - to inspect their bike prior to each ride paying particular attention to brakes, frame, steering, pedals, wheels, lights & tyres.
- All cyclists should carry a method of tyre inflation, a spare inner tube, a multi-tyre changing tool and wear an approved safety helmet.
- If the cyclist is unsure of his / her capabilities to complete the ride, or has any other concerns, it is their responsibility to contact the ride leader prior to the day of the ride.
- All cyclists are expected to stay as a group, to warn others of approaching vehicles and hazards using known calls and be considerate to others within and outside the group.
- At the completion of the ride, riders should raise any issues, concerns and, just as important, aspects of the ride that went well. Riders should bring to the attention of the leader any accidents and near misses, if this hasn't been done during the ride.
- Plan the route to suit the particular cycling group and to investigate the length, timing, terrain and possible obstacles.
- Provide the 'Group Contact' with details of the ride for publication in the newsletter.