

■ Preparing for a ride

You

Choose a ride that is within your current fitness, skill and traffic skill levels, and which can provide you with enough challenge to make it interesting.

Bike North rides are graded in several ways, and also include the Bicycle NSW descriptors to assist you in choosing suitable rides. If you are unsure, call the ride leader or the Ride Co-ordinators, or take a look at the website.

Your Bike & bits

Check the bike for obvious problems such as poorly inflated tyres, worn tyres or brakes, broken or frayed brake or gear cables and so forth. Take it for a quick spin up the street and make sure it all feels good and the brakes and gears are working.

On the day of the ride check that you have:

- a) a bike in good mechanical condition suitable for the type of ride
- b) an approved safety helmet which is adjusted to fit correctly and is properly fastened
- c) a water bottle filled with water
- d) money for snacks or public transport

- e) food, especially on longer rides.
- f) material for fixing a puncture consisting of a spare tube, pump and patching kit
- g) appropriate clothes suitable to the ride and the weather conditions
- h) any medication necessary to cover known medical conditions.

If you have any medical condition which may affect you during the ride please inform the ride leader at the start.

Etiquette

- Always ride behind the ride leader, and ahead of the sweep.
- Only overtake slower riders when it is safe to do so.
- Ride in single file or two abreast if conditions allow.
- Try to keep up with the group. If you are having trouble with the pace of the ride, pass a message to the ride leader or if there is a sweep let the sweep know.
- Always let the ride leader know if you are going to leave the ride before the designated finish.
- Move well off the road at regrouping points if you can not get clear of the road then stop in a place that leaves you no more than two abreast on the side of the road.
- If you have a chat while riding along, remain aware of what is going on around you.

■ On the ride

Bike North runs rides so they are both fun and as safe as possible. The ride leader is in charge and his/her instructions must be followed. Bike North ride participants must also obey all road and traffic rules, and any rules which may apply to fire and access trails.

Participants are encouraged to stay together in a group.

Bike North rides use all sorts of roads including fire-trails, cycle lanes, shared cycle/pedestrian facilities, suburban streets and major highways. On shared facilities and narrow cycle lanes rides must ride single file and keep left, and keep the speed appropriate to the conditions.

On most other roads it is possible to ride two abreast.

Communication on a ride

There are some standard ways to communicate information even in larger groups, and Bike North ride participants are encouraged to learn and use these calls and signals. Voice calls may include:

- a) "Car back!" Indicates a car is approaching from the rear in the cyclists' lane and that participants should move over to accommodate it passing.
- b) "Bike back!" Indicates a cyclist is approaching from the rear in the cyclists lane and that participants should move over to accommodate it passing.
- c) "Car up!" Indicates a car is approaching from the front and that participants should move over to accommodate it passing
- d) "Bike up!" Indicates a cyclist is approaching from the front and that participants should move over to accommodate his passing
- e) "Stopping!" Indicates that participants are coming to a halt.
- f) "Lights!" Indicates that participants are stopping at a red light.
- g) "On your right!" Indicates that a rider is passing and participants should hold their line or move slightly to the left if there is room.



Bike North Inc.

Information for Ride Participants

Welcome to
Bike North!

This booklet is intended to help you get the most from participating in Bike North rides.

It is based on the section 5 of the Bike North Ride Protocols. Please see that document for further information.

website: www.bikenorth.org.au

ride protocols: www.bikenorth.org.au/rideprotocols/RideProtocols_2-5.pdf

email: info@bikenorth.org.au

