

# SWCC Etiquette

- Choosing to participate in a SWCC ride means you have chosen to be part of a club and to abide by the club's guidelines and values. Remember... our actions as individual riders reflect upon SWCC as a whole.
- Club membership is strongly encouraged for anyone participating in our club rides. Go to the membership page of the website for information on membership options.

## Our SWCC Values:

*Our club values are a reflection of the club's culture. The values lay the foundation on which the club members will ride and interact together and communicate and behave towards others.*

### 1. Safety above all else

Safety is our number one priority. We encourage and facilitate the safety and well being of our members through all club activities and events.

### 2. The Four "Fs" – Fun, Family, Fulfilment and Fitness

The four "Fs" in our club stand for a sense of

- **Fun:** Where we remember that while this is a sport we all are passionate about we ultimately do it to enjoy ourselves and have fun.
- **Family:** We actively encourage a culture of inclusivity where everyone is welcomed and feels valued for being involved and participating regardless of how fast or slow they are.
- **Fulfilment:** We openly assist and encourage our members to fulfil their goals. We are a club where we are proud of and celebrate the success of all club members in achieving their goals, whoever and whatever they may be.
- **Fitness:** We encourage the adoption of a healthy approach towards developing fitness as appropriate for the individual concerned.

### 3. Lasting Relationships

Our over-arching focus is on achieving positive long-lasting relationships amongst the members of our club, with other clubs, other road users, our State and National cycling bodies and anyone else who comes into contact with our club through our activities. In particular we strive for relationships that cast the club and the general cycling population in a positive light through our behaviour.

### 4. Developing our members to their full potential

We are committed to ensuring that skills, knowledge and talent are proactively identified and developed, and that our members are encouraged to challenge their own boundaries to be the best they can be in an atmosphere of camaraderie, sporting competition and enjoyment.

### 5. Excellence

It is extremely important to us that we provide events and all club activities are of a high standard and we work hard to deliver what we promise. We strive to be innovative in our approach and take

the time to listen to and understand the needs of our members and other event participants. We strive to always be improving.

## 6. Respect for others through sharing duties

We share the duties necessary for the successful running of the club appropriately and responsibly. We communicate in an open, honest and respectful manner, listen and work collaboratively in the best interests of the club and its other members. We respect and acknowledge the work of volunteers and the club committee.

### SWCC Bunch Ride Etiquette

*Courtesies and etiquette within the bunch is important and furthermore responsible, non-aggressive behaviour is vital for safety and to gain mutual respect and harmony on our roads.*

- SWCC group rides are recreational. They are not races! We regularly conduct races and riders are encouraged to participate in these to improve their skills and bunch riding. Ride at an appropriate speed – remember that is why you are in the bunch (to ride WITH them)! If you want to hammer do it solo or in designated sections with re-groups
- Be understanding and supportive of less experienced riders... we were all there once
  - Give and receive advice graciously
    - Lead by example
  - Introduce yourself to new riders... make them feel welcome. New riders should also introduce themselves to the ride leader
- Respect the ride leader, they are endeavouring to assist with rider safety and adherence to the SWCC bunch etiquette

#### THE BASICS

- Know the course and how to get home
  - Be on time
  - Maintain your bike in good order
  - Carry enough water, food and spares
- It is sensible to carry your mobile phone and some cash
  - Bring a positive attitude

#### SHARING THE ROAD

- **Obey the road rules**
- Be predictable and always indicate your intentions – use hand signals at all times
- Never ride more than 2 abreast and be courteous to other road users. There are some sections of our rides where the road is narrow or there is significant / fast moving traffic and all groups need to ride single file through these sections. These sections are marked on the ride maps and ride leaders will call when the group needs to go single file
  - Maintain group formation at lights and intersections behind queued vehicles.
- Use **good lights** when there is insufficient daylight. Reflective clothing, tape or other items to improve visibility are also encouraged

- **Respect other road users**

### **Do's and Don'ts of Bunch Riding**

*The only way you can really learn bike skills and bunch skills is to practice, but without basic knowledge of the rules and skills involved, practice alone will get you nowhere, so here are some tips to be aware of:*

#### **Hazards**

- Lead riders must call out all hazards and indicate route directions, and following riders must pass it back down the group

#### **Hold Your Line**

- Don't swerve dramatically left or right. Try to work on the skill of holding a straight line. Do not cross wheels with the rider in front however in case they do need to move across to avoid an obstacle

#### **Half Wheeling**

- Half wheeling is one rider always riding in front of his partner which then puts the whole bunch out. It is essential that you keep level with your partner if at the front, it is not a 2 person race. Keep your handlebars level with the handlebars of the rider next to you

#### **Rolling Through**

- If the call to "roll through" is given, the front rider on the outside (right) increases the pace sufficiently to pull forward and in front of the rider to his/her immediate left. The following riders on the outside move up behind him and one by one move over to the left as they reach the front. Like a chain, the whole group moves in anticlockwise loop.
- Once you have rolled across to the left, begin to ease up slightly. The rider coming around you is doing the pace-work of the peloton and does not want to sprint just to be able to roll over.
  - Enjoy your "rest" when on the left/inside line.
  - The last rider to move off the back into the outside/fast line calls "**last wheel**".
- Increase your effort to maintain the higher momentum of the peloton when in the faster "rolling through" line.
- If you are not comfortable keeping up with the roll through let other riders know and ride at the back of the group.

#### **Keep Left**

When climbing or in a designated sprint / fast pace zone and you are no longer riding in formation **keep left at all times** (unless passing another rider)

#### **Passing**

- Warn slower riders before you pass them and do not pass too closely. When passing another rider always check behind to see it is safe. Pull out smoothly and call "**on your right**" to the rider you are passing. Move smoothly back to the left when you have completed the manoeuvre.

- Do not try to pass on the left or “inside”, even if a gap has formed.

### **Braking, slowing, coasting**

Avoid braking as much as possible. When braking is necessary do so gently and indicate you are slowing. Avoid braking through corners; slow up gradually before you get there if the corner is sharp or the traction uncertain. Do not suddenly slow without warning the riders behind you. Do not freewheel if you are on the front of a group, always keep pedalling.

### **Accelerating**

Accelerating away from lights, intersections and corners should be steady and controlled so that large gaps are not formed. Do not surge or change pace indiscriminately

### **Cornering**

Hold your line through corners giving the person next to you plenty of space. Approach the corner at a safe speed and do not brake through corners

### **THE GOLDEN DO NOT'S:**

- Using **Tri-bars** is not within the spirit of group riding and increases the risk level. They are not to be used except if riding behind the group
- **Never use traffic or an intersection to gain a break on the group. Always check the whole group has safely made it through an intersection and re-group if necessary**
- Never ride in the group with no hands on the handlebars (includes forearms resting on bars position)
- **Ipods** are not to be used on group rides and if a phone call needs to be taken via an ear piece, this should be done at the back of the group. **Mobile phones** are not to be used while in the group. Pull off or drop back behind the group if you need to use a hand held mobile

### **Miscellaneous**

- If riders have a road bike they are encouraged to ride that in the group rides in preference to a mountainbike or time trial bike
- If someone has a flat tyre, check if assistance is required. This information needs to be relayed to the ride leader. Generally only 1-2 riders would stop
- In the rare event that there is an accident **ALL** riders must stop and give assistance as needed. The ride leader will assess the situation and determine the best course of action in terms of providing support to the fallen rider(s) and the safety of the rest of the group
- All under 15 riders must be accompanied by a guardian on any SWCC group rides. (See the club guidelines around juniors taking part in group rides) SWCC strongly encourages that all juniors abide by CA gear restrictions and do not exceed recommended training distances for juniors

***Lastly be tolerant, responsible and supportive and have fun!!***