



## 20 Rules for Success ~ Rider Responsibilities, Expectations and Safety

The SWBCC strives to offer a variety of safe, fun rides at all levels and paces so all members and guests will have the opportunity to participate in club rides, **although all rides ARE NOT APPROPRIATE FOR ALL RIDERS due to pace, speed, distance, category, or other factors.**

1. The ride leader is my manager. I will listen and respond appropriately to their direction to stay safe.
2. I will familiarize myself with the routes and I will ONLY attend a ride that I KNOW I can handle because I don't want to be yelled at by my fellow cyclists, or asked to leave a ride.
3. I will always ride at the group pace.... Because I know if I don't, rule # 2 may apply.
4. If I do something stupid, or otherwise cause disruption in the group's plan, I WILL be asked to leave the ride and requested to pick other rides more suitable for my skills. This is a BAD thing.
5. When I'm nice, others will play nice too and welcome me into the group. This is a GOOD thing.
6. To avoid collisions with other cyclists or cars, I will obey ALL pertinent traffic laws including stopping at stop signs and at red traffic lights.
7. When I use proper hand signals for turns and slowing/stopping, my fellow cyclists know what I'm doing.
8. When I point out hazards in the road, my fellow cyclists appreciate it.
9. When I check my bike and make necessary adjustments on it BEFORE the ride, the ride goes much smoother and I score brownie points with the group for being prepared.
10. When I keep "stuff" out of my ears, I can hear traffic and my fellow cyclists. I don't wear ANY personal listening devices on group rides.
11. Although I know we need more organ donors, I WILL wear my helmet so I can use my organs a little longer.
12. Early is "on time". When I show up early and get my gear ready to roll, no one has to wait for me.
13. When I ride predictably, other riders know where I am, know what I'm doing and tend to not run into me.
14. When I avoid overlapping my front wheel with the rear wheel in front of me, I avoid a LOT of bad things that can happen.
15. If I need to leave a group ride, I tell my ride leader or other individual so they don't worry about me.
16. If I decide to check out or ride a different route than is planned, I won't have any group support to help me get back safely.
17. When I take a map with me and the ride leader's phone number, if I get myself lost, I can read the map or call the ride leader to tell the leader I'm OK.
18. When I can't see the ride leader or the sweep rider, I may be in trouble. It's always best to keep one them in my sights at all times or Rule # 16 may apply.
19. When I ride with a group that is similar to my abilities, the group and I have a lot more fun than when I try to ride beyond my abilities. That's when Rule # 2 kicks in or in some cases Rules # 3 and # 4 – all of which are bad things.
20. When I come early and prepared, select rides that suit my abilities, play nice, ride safely and play by the rules, everyone likes me and wants me to ride again! That's a GOOD THING!