

# CCCTS Fraser Valley Chapter

## Safety Guidelines – Best Practice for Group Rides

**All cyclists are expected to follow these best practices on our group rides:**

**When there are a large number of cyclists on the ride, split into smaller groups of 5 to 10** – Smaller groups make it easier for cars to pass thereby avoiding drivers becoming frustrated at being unable to pass and/or passing unsafely

**Be aware of traffic coming behind you or towards you** – don't rely on fellow riders to keep you informed

**Ride single file ALWAYS**

**Keep a safe distance (3 meters) behind the rider ahead of you** – leave enough room in case of an unexpected stop

**Ride on shoulder/bike lane whenever possible** – unless there is debris to be avoided

**Stay as far to the right as is safe and reasonable**—but not so far that you have to swerve left into traffic to avoid hazards

**Maintain constant pedaling** - maintaining a steady pace helps the rider behind you predict your speed

**Signal well in advance before turns**

**Look carefully over your shoulder before signaling and pulling out into the lane.** Don't move if cars are in the lane or overtaking rapidly—they have the right of way. This applies if moving from the shoulder to the travel lane—check for traffic and signal before you move

**Before you pass another rider,** make sure the lane to your left is clear and announce you are passing. Always pass on the left

**When you move out to pass,** have a plan for how you are going to re-enter the line of riders

**Exercise extreme caution when passing on hills.** Do it quickly or not at all. Vehicles coming the other way may suddenly appear. If you intend to pass other riders going up a hill, make sure you have maintain enough speed so you don't cause them to slow down

**Come to a full stop at red lights—ALWAYS**

**Come to a stop at stop signs.** Take turns with cars at four-way stops

**Yield to vehicles already in a traffic circle**

**When making left turns at an intersection (especially a busy one) with traffic lights, the safest approach is to proceed through the intersection and then proceed on a green light in the direction you are going**

**When making left turns at an intersection without traffic lights, be very careful of the speed of oncoming vehicles** - especially on roads with higher posted speed limits and only make your turn when you have lots of room to do so

**Regroup** if the group gets separated at an intersection. No one should be penalized for stopping

**Pick a safe place for the group to stop** – well off the road and not near an intersection where cars turning create a safety risk

## We Communicate

**If you wish to leave the ride (either to go ahead of the group or cut the ride short)** tell the leader what you are going to do and, from then on, you are on your own

**“On your left”** Whenever we are passing. If our fellow riders don’t know we are there, they might move to the left unexpectedly. Never pass on the right.

**“Slowing”** So the person behind us will know to slow down too and not run into us

**“Stopping”** Loudly and clearly

**“Car back”** Those in the back of line say it first. Everyone else passes it up the line so all are aware

**“Car up”** When there is a car in the oncoming lane on a narrow road, or a stopped car in our lane

**“Walker up”** So fellow riders know to move out and give a pedestrian or jogger some space

**“Hole” “Bump” “Branch” “Debris”** (and pointing) - to warn riders behind us of a hazard

## What We DON'T Do

**Get so wrapped up in a conversation with a fellow cyclist that we don’t pay attention to road conditions/hazards, vehicle traffic or other cyclists**

**Follow a fellow rider through an intersection or turning left or right without personally checking carefully for oncoming traffic** – what may be safe for the rider ahead of you may not be safe for you

**Signal to drivers behind that it’s safe to pass the group** (because conditions change rapidly, and riders in front of us might suddenly move out into the lane)

**Wear headphones** (because we won’t be able to hear when fellow riders communicate with us)

**Pass on the right** (because we cut off someone’s safe lane, and they don’t expect it)

**Pass between two riders** (because of the increased risk of a collision)

## Safety Wise Suggestions

**Use a mirror** (handlebar or helmet)

**Mount a headlight and tail light on your bike.**

## Safety References

BikeSense Manual - <http://www.bikesense.bc.ca/Documents/BikeSense.pdf>

Whistler Bike Club - <http://whistlercyclingclub.ca/etiquette-and-safety/>