

## **Females in Training (FIT)**

### **CYCLING BUNCH RULES**

**Endorsed by FIT Committee 14 July 2004**

The following rules apply to all FIT cycling activities:

#### **All participants must wear a suitable helmet**

#### **All bikes must be roadworthy**

This is the responsibility of the individual, not the coaches or other riders in the bunch. Specific items to be addressed include:

- wheels inserted into frame correctly;
- wheels correctly secured (eg quick release levers to be done up correctly);
- brakes to be working adequately;
- tyres to be in good condition and inflated to appropriate pressure.

#### **Lights must be operational**

When cycling before daylight, all bikes must be fitted with an adequate front and rear light. If using a rechargeable battery ensure it is charged sufficiently to sustain the light throughout the ride. If using a light with replaceable batteries, replace the batteries when the light starts to yellow to ensure that the batteries do not go flat during the ride. Check the taillight regularly to ensure it is bright enough to be seen from a reasonable distance behind.

#### **Wear suitable clothing for cycling in a bunch**

The clothes that you wear should not only be functional and comfortable for you but safe in the broader context of a group of people cycling together. Do not wear anything that might:

- fall into the wheels or chain on your bike or anyone else's, eg a scarf;
- flap into your or someone else's eyes or obscure someone's vision of the road ahead, eg open jacket or cardigan;
- get caught in your chain, eg baggy tracksuit pants;
- prevent you from operating your brakes or gears, eg mittens or bulky gloves.

#### **Carry a spare tube, tyre levers and pump**

Make sure your tube is the right sort for your tyres and your pump is the right sort to pump up your tyres – not all tubes have the same valves and often the pump for a mountain bike won't work on a road bike or vice versa.

**Always consider the impact of your actions on the safety of other members of the bunch**

- Avoid stopping suddenly – if you're at the front of the bunch and the traffic lights change, consider whether you could actually get through the lights safely versus the risk of everyone falling off behind you if you execute a sudden stop.
- Point out debris on the road for those cycling behind you who may not be able to see what is coming up.
- Keep pedalling while on the front of the bunch, even going downhill – the people behind you are being dragged along in your slipstream and if you stop pedalling they will be drawn unnecessarily closer to you.
- Avoid sudden changes of direction or braking in the middle of the bunch – everything is compounded further back in the bunch.

**ADDITIONAL RULES FOR 6.00AM CYCLING BUNCH**

**Before riding with the 6.00am bunch, members should be able to:**

- ride confidently in close proximity to other cyclists;
- ride confidently with one hand off the handlebars;
- change a puncture;
- use the gearing on the bike appropriately for climbing and descending;
- corner confidently at speed;
- ride smoothly at a constant speed without surging;
- maintain a straight line in a forward direction while looking backwards to check for traffic.