



INTRODUCTION

ABOUT US

VC COLETS is the cycling club of [Colets Health & Fitness](#) , located in Thames Ditton.

Our main activity is the weekly Club Ride, which takes place every Sunday morning. In addition to those we also have a Summer Series of midweek evening rides (from May through to August), as well as other special events, rides and socials.

THE VC COLETS ETHOS

VC Colets is a cycling club with an emphasis on enjoying safe & considerate group cycling.

Safe & effective cycling within a tight group is a skill that all abilities of cyclist can learn, develop and improve; it is not tied to fitness, so it is an accessible means of improving as a cyclist.



CLUB RIDE GUIDE

Our weekly Club Ride takes place every Sunday morning.

We assemble at 08:45 in the Colets main car park (though prior to that many of us meet up in the Colets Café) before heading out for a 3-4 hour ride, usually into the Surrey Hills.

We aim to be back for around 12:30, but please allow 30 minutes either side of that time.

Throughout December - February we assemble at 09:15, but still aim to be back by the usual time.

BEFORE YOUR FIRST RIDE

Carefully read and understand the club's [Risk Assessment](#), as it is a key facet of our insurance cover from British Cycling.

Familiarise yourself with the hand signals and group riding skills by visiting our [Group Riding Skills](#) page. When riding in a group you do have a responsibility to the person behind you.

Watch this short [video](#) and read this [article](#) about group cycling.

Please have emergency contact details on your phone (the iPhone Health app or a 'In Case of Emergency' app on other platforms are best) and log any important medical details that the emergency services would need to know.

PRE-RIDE CHECKS

Check that you are carrying the following:-

inner tube (ideally two) tyre levers pump/Co2
multi-tool money/card mobile phone
sufficient food & hydration for the duration of the ride.
Any vital medicines (e.g, Epi pen) as appropriate.

Check that the route (if it has been shared) has actually loaded onto your GPS device.

Check the weather forecast and wear/carry appropriate clothing.

For summer evening and/or low visibility rides, check that you have fitted fully charged lights

Carry out the following checks to your bike:-

Tyres

Check that they are properly inflated and look for any embedded pieces of flint (remove these with a penknife or suchlike). Check that the tyre isn't excessively worn or cut.

Wheels & Brakes

Give each wheel a spin, check for any buckles or brake rub. Apply the brakes to see that it stops the wheel. Check the pads for excessive wear. Ensure the brake calliper and quick release levers are all closed.

Headset, Handlebars & Saddle

Check for any play in the headset by applying the front brake and trying to rock the bike backwards & forwards. Ensure that the handlebars & saddle are secure and at the proper riding angles & height.

N.B.

If your bike is fitted with tri-bars / aero bars / TT bars, please remove them for club rides.

Winter Rides:-

If you are able to fit a full/long mudguard or 'Race Blade' to your rear wheel it will be greatly appreciated!

Winter tyres are also strongly advised.



Participation in our club rides is entirely at your own risk and you are responsible for your own welfare and safety.

We strongly recommend that you take out membership of a cycling body, such as [British Cycling](#) or [Cycling UK](#) to benefit from their insurance cover

DURING THE RIDE

- Please remember that the Sunday Club Ride is not a training ride or a race; we roll together as a group.
- We ride in pairs as our 'default setting' but be prepared to move into single file when necessary.
- Do not to 'half-wheel' the rider next to you in order to try and push the pace up, always keep your handlebars level with theirs.
- Do not ride out of line to see the road ahead, as this creates the illusion that we are more than two abreast.
- For your own safety and for those behind you, you must avoid overlapping your front wheel with the rear wheel of the rider in front.
- Do not jump red lights on club rides, or when wearing our club kit on any other ride.
- When you're on the front do not ride 'in the gutter', as a group we occupy the centre of the lane.
- For your safety and of those behind, please spread out on fast descents as the person in front may not always be able to point out any hazards.
- Remember to both use and to pass on signals, as those at either end of the group may not be able to see or hear it. Hand signals are preferable to shouts.
- If & when you stop to regroup please move as tight to the kerbside as possible in order to keep the road & junctions as clear as we can.
- At junctions stop in your group formation, do not push in front of others within our group and do not swarm around other road users, including other cycling groups.
- In the event of someone experiencing a mechanical issue then the whole group should stop and wait. The ride captain will decide what action needs to be taken from there onwards.
- When setting off from any stops please set off gently and gradually increase the speed, so as to allow those behind time to clip in and close up, before resuming the ride pace.
- When using lights please set them to their lowest/dimmest setting and non-flashing.
- Please follow any requests from your group's Ride Captain as they are there to oversee the ride for everybody's benefit and enjoyment.