

# Lancaster Bicycle Club *Rules of the Road*



## Introduction

Welcome to the Lancaster Bicycle Club. As a member, you will meet new people who share your interest in cycling as well as many other interests. By riding with us, you have the opportunity to share and learn safe bicycling habits and to foster cycling in our community. In effect, you become an ambassador for the great sport of cycling. LBC rides are enjoyable, in part, because we encourage all riders to abide by the *Rules of the Road*.

## Basic Guidelines For All LBC Rides

***Bicyclists fare best when they act like and are treated as operators of a vehicle.***

- Wear helmets at all times; they are required of all riders on club rides.
- Do not wear iPods; they are not permitted on club rides.
- Stay out of right turn lanes when going straight.
- Stay right, and do not pass on hills with limited sightlines or curves.
- Do not hinder traffic unnecessarily.
- Move to single file when traffic is present. The most efficient way to do this is for the inside rider(s)—those closer to the center of the road—to pull in ahead of those on his/her right.
- Make space for cars to pass large groups of cyclists.
- Ensure safe crossings. Look for yourself. Calling out “Clear” is not recommended. Directing traffic is not legal.
- Give verbal warnings:
  - “Passing on left/right.” Passing on the right should only be done if the slower rider is more than a normal bike width (4 ft.) from the right edge of the pavement.
  - “Car back” then form single line for courtesy to and safety of riders and drivers
  - “Car up” for oncoming traffic
  - “Hole” or “Gravel” to alert riders behind, as well as pointing out
- Use hand signals:
  - Right or left turn: arm parallel to ground in direction of turn
  - Slowing: arm down at side with palm facing back and pulsing, as well as calling out
  - Stopping: arm down at side with palm facing back, as well as calling out

## What To Do If A Rider Is Injured

- ***All ride leaders and sweeps are strongly encouraged to have a cell phone with them during a ride.***
- Stay calm; you are no help to others if you are frantic. Survey the situation before you act.
- Divert or stop traffic. If the injured rider is in the roadway, have other riders divert or stop traffic until you can determine if the person has a possible neck or back injury. Get all other riders and their bicycles off the road.
- ***Important: If you determine that the person has a possible neck or back injury, divert or hold up traffic until help arrives. Do not move the person.***

- Determine if the person is injured seriously enough to require medical attention. The injured rider should get medical attention if he or she:
  - Is bleeding heavily
  - Has a head injury and lost consciousness even briefly
  - Can't remember what happened
  - Has obvious pain when moving an injured limb
- Pay careful attention even if there are no obvious injuries. Confusion or disorientation could indicate a head injury.
- Send someone for help, if necessary. ***Call 911 immediately, if there is any question about whether professional medical attention is needed.***
- Check the rider's cell phone for an ICE (In Case of Emergency) contact number. If an ambulance is summoned, make sure the person's identification/contact information and helmet go in the ambulance with him/her. Hospital personnel will want to examine the helmet to determine the likelihood of head injuries.

### **Other Concerns In the Event of A Severe Accident**

- Stay with the injured rider until help arrives. The ride leader and preferably someone who knows first aid should remain. Other riders may continue the ride, especially if they need to get back to the starting point before daylight ends.
- Obtain the name, driver license number, plate number, and insurance information of any driver involved in the accident.
- Obtain the names and contact information of any witnesses and persons that rendered assistance.
- Report the accident to the ride coordinator and ride leader. Make note of the rider's name/contact information so a followup call can be made to check on their condition.
- Return for the injured rider's bike as soon as possible, preferably before nightfall. Alternatively, leave the bike at a nearby police or fire station, bike shop, or at the home of local residents.

### **LBC Ride Leader and Sweep Award Program**

At the heart and soul of the Lancaster Bicycle Club is the variety of rides led by our members. To encourage LBC members to lead and/or sweep rides, the Club offers the following award program:

- LBC members who lead ten or more rides during a calendar year will receive a Leader Award (i.e. a custom designed jersey or jacket) in addition to a complimentary one year club membership.
- LBC members who sweep seven or more rides during a calendar year will receive a Sweep Award (i.e. a custom designed jersey or jacket) in addition to a complimentary one year club membership.
- All rides scheduled in *the Pedaler* with a leader and led (or cancelled for weather issues) will count.
- All impromptu rides posted on Meetup with four or more riders will count.
- Show & Go rides will not count toward the Leader/Sweep Awards.
- In order for a leader/sweep to get credit for a ride, a signed ride liability waiver must be submitted to the address on the form.
- For additional information on leading and /or sweeping a ride please refer to LBC's *Ride Leader Guide*.