

Central Jersey Bicycle Club

Bicycle Ride Participant Guidelines

1. Make sure the ride is not beyond your capabilities; call the ride leader for information about the ride if you are not sure. It is CJBC policy not to drop a rider; however, if a rider is unable to complete a ride with the group, other arrangements may be made by the ride leader.
2. Bicycle helmets are required on all rides. Cycling shoes, shorts and gloves will greatly improve your safety and comfort.
3. Be sure your bicycle is in good working order before a ride. Always carry a spare tire, tire irons, patch kit, pump and a full water bottle. A few basic tools such as Allen wrenches or a Swiss army knife are recommended.
4. Participation by all age groups in all activities is encouraged by CJBC, but if you are a minor (under 18 years old) not being supervised by your parent or guardian on the ride, you must have a completed CJBC Minor Authorization Form and an adult to accompany you and be responsible for you on the ride.
5. Before the ride:
 - a. Enter your name, signature, a cell phone number, and a telephone number where someone can be reached in case of emergency on the ride attendance sheet and release.
 - b. Pay attention to the instructions of the ride leader. Know generally where the ride will be going and the primary destination or rest stop.
6. During the ride:
 - a. Try to be aware of who is behind you so the group will remain together and not be delayed.
 - b. The ride leader will stop when a cyclist in the group signals that he or she needs a repair. The ride will continue when the repair is complete or the ride leader makes other arrangements.
 - c. If you ride ahead of the leader you are on your own. The ride leader is not obligated to find you, to wait for you or to determine whether to include you on the remainder of the ride.
 - d. Do not leave a ride before its end without informing the ride leader.
7. Use hand signals and point out road hazards to fellow riders.
8. Observe all traffic laws and traffic flow. Ride single file in heavy traffic, and not more than two abreast otherwise. Move to the side of the road when traffic approaches. Riders who disrupt a ride or ride unsafely may be asked to leave the ride.
9. If you have enjoyed the ride let the leader know your appreciation.
10. Use common sense.