

GDB Group Ride Guidelines

A goal of GDB is to increase the enjoyment of group cycling by encouraging our members to take responsibility for their own safety and the safety of their fellow riders. Here are the guidelines each participant in our group ride are expected to follow:

Hard and Fast Rules:

- Helmets must be worn at all times during a ride.
- No ear buds.
- No aero bar usage allowed.
- Lights (front and rear) required for night rides
- Follow the rules of the road including all road signs and traffic signals

Protocols for safer riding:

- 1) [Follow the instructions of the ride leader. On group rides without an official ride leader, it is recommended to have someone volunteer to take that role.](#)
 - a) We do not ride “off the front” of the ride leader (generally out of sight or hearing)
 - unless we have informed the ride leader, and
 - the ride leader agrees, and
 - we know the ride route, and
 - we have agreed upon a re-group point.
 - b) If you need to leave the group during the ride, you will inform the ride leader of your intentions.
- 2) [Use hand and audible signals to indicate turns and road hazards.](#)
- 3) [Maintain safe position on the road by](#)
 - a) Staying to the right of the road unless otherwise noted by traffic control devices such as signage indicating turn lanes,
 - b) Staying in a single lane on multi-lane roads,
 - c) Never riding more than two abreast,
 - d) Riding single file on one-lane roads,
 - e) Avoiding the potential hazard of overlapping of wheels, and

f) Avoiding, if at all possible, passing other cyclists on the right. Otherwise, announce your intentions.

4) We always stop as a group when riding a “no-drop” ride when

- a) the ride leader shouts “STOPPING,” whereupon the message gets relayed to the rest of the group from the front to the rear. This avoids collisions.
- b) a rider has an accident
- c) a rider has a flat tire or mechanical problem
- d) a split occurs in the group due to a red traffic light. The front group waits in places that are out of the flow of traffic for regrouping.
- e) resume riding as a group.

For unmapped routes it may be necessary to marshal a corner for riders that are “off the back.” Otherwise, we wait at intersections where there is a change of direction.

Should we come upon a stranded rider, whether in our group or not, ask if assistance is needed. (remember: the next time it may be you that needs assistance)

Not all of these guidelines will apply to “drop” rides, such as splits in groups due to traffic signals but regrouping points may be determined before the ride.

As an imperative, all night rides are “no-drop” and all riders must be accounted for during the ride by line of sight.

5) Carry personal equipment including

Hydration and food

All tools and parts needed to fix a flat (a minimum of spare tube, tire levers, pump or CO2)

Identification – this includes contact information and medical insurance information

THANK YOU from the GDB

Disclaimer: GDB is not responsible for the safety of the ride routes. All cyclists riding with the GDB do so at their own risk.