

www.3RVS.com ~ SAFETY ~ FUN ~ FITNESS

Welcome to 3RVS group riding. Our objective is to conduct a safe and enjoyable ride for everyone. This applies to Road Bike rides.

RULES: Any Member of 3RVS may ask a rider to follow these rules.

- a) Riders must wear a **helmet**.
- b) Do not wear **earbuds** or other auditory devices.
- c) **Aerobars**/handlebar extensions without brake levers may only be used when rider is at the front, at the back, or not drafting. *Note: Only the Tuesday Night Skills Tour and the Thursday Night Kreager "A" Ride permit aerobars in the pack.*

GUIDELINES: Any Officer or Ride Leader (sometimes informally appointed) may ask a rider joining a Club ride to follow these.

Safety First!

- a) Ride in a straight line.
- b) Be predictable.
- c) Communicate: verbal or hand signals.
- d) Point out hazards, don't swerve.
- e) Brake lightly.
- f) Use caution overlapping wheels.
- g) Only announce *Clear* if it is clear in both directions.
- h) Have a well maintained, safe bike.
- i) The Ride Leader has the authority to maintain general control and ensure the safety of the group.

LAW: As enforced by Law Officers.

- a) Use correct hand signals:
 - i. Left turn, left arm extended.
 - ii. Right turn, right arm extended.
 - iii. Stopping, arm down with palm indicating Stop.
- b) Ride no more than two abreast.
- c) Do not cross the centerline of the road.
- d) Obey traffic signs, lights and road markings.
- e) Ride on the right with traffic.
- f) May proceed through a red light after two minutes.
- g) Vehicles are to allow three feet of clearance when passing.

ETIQUETTE: How We Roll – suggestions to keep things safe and fun.

- a) Arrive 10 minutes early; be ready to leave on time.
- b) Select a group whose pace you can keep up with for the entire distance.
- c) Be nice when delivering advice and suggestions.
- d) Be humble when given advice and suggestions.
- e) Be courteous to motorists.
- f) Avoid threatening or foul language and aggressive behavior.
- g) Our Club uses an elbow flick when coming off the front.
- h) Do not ride too close to the edge of the road.
- i) Strong riders should be on the windy side.
- j) Announce if you are dropping from the back of the group.
- k) Call out *Car Back* or *Car Up* when appropriate.
- l) Passing on left is preferred.
 - a. Clearly call out *Passing on Right* if it is necessary.
- m) Have tools and knowledge to change a flat.
- n) Carry ID with emergency contact numbers.
- o) Join 3RVS and support the club.

NON-TRADITIONAL ROAD BIKES: The Touring Director or Ride Leader may ask a rider to adapt their riding style to the group.

- a) Refer to the website or ask your Ride Leader for details.

CRASHES

- a) Protect the rider from auto traffic.
- b) Call 911 for help (with good directions).
- c) Offer assistance (do not move rider).
- d) Preserve evidence (take photos, insurance report).
- e) Be Safe!

Contact Club Officers after a ride for questions or further clarification.

By participating you acknowledge the inherent risk of bicycling.

Approved by 3RVS Officers 6/6/2019

Visit 3rvs.com to view the unabridged detailed version of the Three Rivers Velo Sport Group Riding Guidelines

