

PCC MEMBER GUIDANCE & SAFETY

Essential Safety

- Helmets compulsory on all PCC rides
- No headphones (bone-conduction for navigation only)
- Comply with the Highway Code at all times
- Ensure bikes are roadworthy
- Carry tube, pump, mobile phone and ICE details and cash/card
- Be capable of basic maintenance - e.g. repairing a puncture and having the relevant spares (inner tube, pump, tyre levers & multi-tool)
- Be capable of riding a minimum of 40km (25 miles) in the Peak District

Group Protocol

- Maximum group size 10 riders
- Ride Leaders may reduce or split groups at any point depending on pace, weather, route, traffic or safety considerations
- No rider left behind
- Riders should check on the rider behind
- Do not direct or wave traffic through

On the Road

Use Standard Calls:

- Car Front
- Car Back
- Slowing
- Stopping
- Point out potholes, gravel, debris, parked cars and other hazards
- Ride two abreast where appropriate
- Single file on narrow or busy roads
- Ride predictably and avoid sudden braking
- Where natural splits occur, regroup at the next safe stopping point at the summit or next junction
- Use lights in poor conditions

Preparation

- Familiarise yourself with the route, and download the route beforehand where possible
- Ensure distance and pace suit your ability

- Riders participate at their own risk, **and acknowledge these guidelines**
- PCC strongly recommends third-party liability insurance
- If you are bringing a guest to ride with the club, you are personally responsible to ensure they understand the club rules and guidance detailed in this document.

Note

- Riders must be aged 18 or over