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BEFORE YOU START — PRE-BRIEF CHECKLIST

- Helmets on everyone — check before you say a word
- No headphones visible — in-ear, over-ear, or bone-conduction
- Guest riders present? Brief them individually if they missed this
- Confirm all riders are 18 or older
- 10 or more riders? Split into two groups — appoint a second leader
- Route GPX shared — riders to download before setting off

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KIT & SAFETY

- Helmets are compulsory — no helmet, no ride, no exceptions **MANDATORY**
- No in-ear or over-ear headphones. Bone-conduction devices permitted for audio guidance only **MANDATORY**
- Bike must be roadworthy — brakes, tyres, drivetrain checked
- Lights on in poor visibility, dawn, dusk, or bad weather

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WHAT TO CARRY

- Spare inner tube + tyre levers
- Pump or CO₂ inflator
- Mobile phone + ICE contact on lock screen
- Payment method
- Food, drink & clothing for conditions
- Route downloaded on device where possible

3 RIDING STANDARDS

- Ride smoothly and predictably — no sudden braking or swerving without warning
- Two abreast where safe — single file when called
- Minimum one bike length gap — no overlapping wheels
- Do not wave or signal traffic to overtake — their decision
- Junctions: every rider responsible for their own safety
- Obey the Highway Code at all times

4 CALLS & SIGNALS

- Pass every call down the group — point out hazards too

CALL	MEANING
Car front	Vehicle approaching from ahead
Car back	Vehicle approaching from behind
Slowing	Reduce pace — call before you slow
Stopping	Group stopping — always call before braking
Single out	Move to single file immediately
Hole / Gravel	Hazard — point and call it clearly
Easy / Steady	Slow down — group is stretching

5 GROUP & EMERGENCY

- Ride at the pace for today's advertised ride
- Regroup at climbs and agreed points — nobody left behind
- Mechanical? Shout "Mechanical!" — whole group stops safely
- ICE contact in phone or on Road ID wristband
- What3Words useful for giving exact location to emergency services
- Personal insurance strongly recommended — club insurance does not cover individuals
- All riders participate at their own risk

IMPORTANT

STATE CLEARLY

*"Any questions before we head off?
Everyone rides at their own risk. Let's have a great ride."*