**TCOS – Road - Code of conduct**

The following is general ride etiquette that we expect from members of the club and guests. The aim is to keep you and other riders safe and for The Cyclists of Stamford to be seen in a positive light by the people of Stamford and the surrounding area.

1.     Be aware of your surroundings, look out for potential hazards and call them out or use hand gestures to warn other cyclists or other road users behind you.

Commonly terminology:

* Car up - vehicle approaching from the front
* Car Back - vehicle approaching from the rear
* Car left or right - usually used at a road junction
* Slowing – slowing down / applying the brakes
* Stopping - slowing down before stopping
* Hole - for potholes

2.     Be courteous when riding in a group e.g. ride at a pace that works for the whole group and take care not to lose riders off the back.

3.     Ride no more than two abreast and single files where there are solid white lines or are narrow lanes.

4.     When in a group ride at a distance from the bike in front that is comfortable for your abilities.

5.     Try to stay “on the wheel” of the bike in front and avoid a big gap any rider to your side.

6.     Avoid sudden changes of direction or sharp braking.

7.     Minimise your impact on other road users e.g.:

* Allow vehicles to pass quickly and safely
* Avoid actions that may cause confusion such as waving cars through
* Always follow the rules of the road
* Slow down when passing people and animals

8. Take your rubbish home or put it in a bin.