



**CYCLING GROUPS - ACKNOWLEDGEMENT OF RISKS 2022**

*To complete your enrolment in one or more of the courses below, please tick the courses you are doing and sign this form and hand it to one of the course convenors, or to Reception, before taking part in the activity.*

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|----------|---|
| 22OUT010 | <i>Munari Riders (Friday) – Kathy Manderson</i> |
| 22OUT011 | <i>Moderate Cycling – Friday – Michael Read</i> |
| 22OUT012 | <i>Tuesday Cycling – Carol Lancashire</i>       |
| 22OUT014 | <i>Wednesday Cycling – Rob Alexander</i>        |

In voluntarily participating in this activity, I am aware that my participation may expose me to risk that could lead to injury or loss or damage to property. To minimise risk, I will endeavour to ensure that:

- This activity is within my capabilities and, if appropriate, gain the approval of my doctor to participate
- I will carry food, water and equipment as well as any medications and first aid items appropriate to the activity
- I will advise the Course Convenor if I am taking medication or have any physical or other limitation that might affect my participation in the activity
- I will make every effort to remain with the rest of the party during the activity and will accept instructions from the Leader
- I will obey road rules, observe traffic signals and, when on shared paths, give way to pedestrians
- I take responsibility for obtaining any personal and property insurance to cover this activity such as with Bicycle Network [www.bicyclenetwork.com.au](http://www.bicyclenetwork.com.au)

I have read and understood these requirements. I have considered the risks before choosing to sign this Acknowledgement of Risk and I have read the Protocols and Safety Tips document on the back of this form. I still wish to join this activity.

I accept that in signing this form I will take responsibility for my own actions.

Name: ..... (Please print)      Member No: .....

Signed: .....      Date: .....

# Protocols and Safety Tips

The following has been put together to help groups follow a common set of guidelines with a view to achieving safe and enjoyable riding for all riders.

## 1. Be aware of where you are going, where you are, and of those around you. Make space!

- Ride single file on narrow paths; never ride more than two abreast.
- Maintain a minimum of one wheel length from rider in front.
- When riding in pairs and talking, keep your eyes to the front, and don't lean inwards.
- When stopping, signal or call out "stopping" move to the left and don't block the path.
- Be prepared for the riders in front of you to stop (especially on hills), and always pass to the right, calling passing so they know you are there.
- Maintain an orderly formation at intersections; avoid jumbles or blocking other riders and pedestrians when stopped & waiting at lights.
- Exercise caution on poor surfaces. Avoid sudden changes of line and apply both brakes with control. Don't lock up the brakes.

## 2. Follow road rules and accepted bike protocols

- Keep your equipment in good, roadworthy condition – includes helmet, clothing, good tyres, brakes, taillight and bell.
- Know and **obey road rules**: observe traffic signals, give way to pedestrians on shared paths, don't ride in forbidden areas (get off and walk).

<p style="text-align: center;"><b>PASSING PROTOCOLS</b></p> <ol style="list-style-type: none"> <li>1. When riding in pairs <b>outside rider slows and moves in</b> behind inside rider when rider/s approaching from opposite direction. Inside rider maintains speed.</li> <li>2. <b>Check in front and behind</b> before moving to pass a rider in front.</li> <li>3. Use hand signal.</li> <li>4. Verbally advise riders in front.</li> <li>5. <b>Pass only on the right.</b></li> <li>6. Inside rider has right of way at all times.</li> </ol>	<p style="text-align: center;"><b>SIGNALLING PROTOCOLS</b></p> <ol style="list-style-type: none"> <li>1. Stop/slowing - right arm fully extended pointing downward hand pointing backward.</li> <li>2. Turning – right or left arm fully extended horizontally.</li> <li>3. Moving out to pass – right arm partially extended with hand halfway between horizontal and downward, hand flat.</li> <li>4. Point out and call hazards eg. posts, holes, branches. Use clear accepted terms eg "bike up", "bike passing", "walker with dog", "car back".</li> </ol>
<p style="text-align: center;"><b>RIDE LEADER PROTOCOLS</b></p> <ol style="list-style-type: none"> <li>1. Check your chosen ride does not require unexpected route deviations</li> <li>2. Post ride at least 24 hours before the ride start.</li> <li>3. Ride at the pace advertised for the group in the U3A Hawthorn curriculum.</li> <li>4. Make sure the group stays together regrouping at road crossings, and not racing ahead.</li> <li>5. Appoint a tail rider to help.</li> <li>6. In the event of an accident make sure everyone is safe.</li> </ol>	<p style="text-align: center;"><b>RESPECT GROUP NEEDS</b></p> <ol style="list-style-type: none"> <li>1. Follow the ride leader's instructions.</li> <li>2. Don't race ahead of the ride leader or rest of group.</li> <li>3. If leaving the ride for any reason, advise the ride leader.</li> <li>4. Be respectful and friendly and support all riders in the group.</li> <li>5. If you have any concerns, contact the course convenor as soon as practicable.</li> </ol>