



## Bicycle Touring Club of North Jersey Guidelines for Group Riders

- Sign up for the ride on the website ahead of time. This will give the ride leader the opportunity to get in touch with you if there is a change of plans (weather, etc.)
- Show up for the ride with a bike in good riding condition.
- The use of headphones while riding your bicycle is not allowed.
- Obey all traffic laws. Remember the law says a bicycle is a moving vehicle.
- Signal your intentions. The ride leader will demonstrate hand signals before the ride.
- Point to and/or call out dangerous obstacles in the road. (broken glass, wide grates, potholes, leaves, sand, branches, etc.)
- Call out road hazards such as cars (“car up, car left, car right, car back”).
- Don’t call out “clear,” at an intersection. What is clear for you may not be for those riders behind you.
- Ride on the right side of the road. **Single file**
- When passing another bicyclist, loudly announce, “passing on your left.” Don’t pass on the right.
- Assume the route is straight ahead until a change of direction is indicated by the leader (followed by other riders) by using turn signals. Before moving left always look behind you.
- Take the lane when there are parked cars in the street. Never ride within opening range of car doors.
- When stopping as a group, be considerate of others. Don’t block sidewalks and intersections.
- If the ride leader is too slow for you, you’re welcome to leave the ride. However by going ahead you have effectively left the ride.
- Please notify the ride leader if you decide to leave the ride for any reason. Signed up riders are accounted for by the leader.
- A club member who chronically and willfully disregards any of the above safety rules, and/or puts other club members in harm's way will be asked by the President to leave the club.

## **Quick Checklist Before Starting a Ride**

- Carry a spare tube, a mini pump, tire levers and a multi-purpose tool.
- Learn how to change a flat tire. Check the tire pressure before each ride.
- Inspect your tires frequently for small cuts or strange objects stuck on the rubber.
- Check for loose parts on your bicycle (seatpost, handlebars, bottle cages, etc.).
- Verify that your wheels are secured and the quick release levers (skewers) are properly tightened.
- Bring a certified helmet (CPSC, ANSI, or SNELL) and frequently check for cracks on its surface and worn out straps.
- Be prepared for weather changes. A foldable jacket, arm warmers or leg warmers may be useful on a long ride.
- Always bring at least one full bottle with your favorite hydration.
- Carry at least one of your favorite snacks.

## **League of American Bicyclists Tips for Safe Riding**

### **Follow the Law**

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

### **Be Predictable**

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

### **Be Conspicuous**

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

### **Think Ahead**

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.