

Upper Eden U3A Cycling Group - Framework

The cycling group operates via a WhatsApp Group. This puts interested U3A members in touch with each other to arrange rides. These typically happen on a weekly basis with the time and day suggested by the cycling group coordinator. Route choices are not normally decided in advance. Pedal bikes and e-bikes are equally welcome.

Requirements

To be members of the U3A (but guests can come on two rides prior to joining).

To provide an emergency contact to the cycling group coordinator (also applies to guests).

To have confirmed that the expectations below have been read and understood.

Expectations of each individual rider

To be responsible for their own safety and decision making on rides, taking into account personal fitness, the need for water and nutrition, clothing choices and the conditions on the day and to understand that there is no element of coaching or guiding. (However, the group can often be a useful source of relevant knowledge.)

To keep contact with the group, waiting for others, so that if any riders behind have a problem, those in front are quickly aware.

To make the rest of the group aware if a rider is going to 'peel off' (meaning to cut their ride short, or otherwise leave the main group, in order to make their own way home). For example, on the way back to Kirkby a rider who lives in Little Musgrave might 'peel off' at Soulby.

Be prepared to deal with simple mechanical issues, carrying basic spares and tools such as an inner tube and pump and having appropriate clothing to cope with stationary waiting time if a lift needs to be arranged.

Discussions about the day's route should always take into account the ability of those present. Group members should not promote strenuous rides when there are riders present who may find such routes too difficult or unenjoyable.

The cycling group coordinator shall carry the 'ICE' (In Case of Emergency) list and if they are unable to attend, ensure that another member has it on the day.

Insurance

The U3A holds a policy which deals with 3rd party liability. Examples of where this would apply would include claims made against riders on a U3A group ride who have injured a member of the public, or damaged a car/other property.