

Cadence Women Riding Group Directives for Bunch Riding in Safety

There is a clear distinction between the concepts of bunch riding and riding in a bunch or group. **Bunch riding** involves skills such as hand signals, communication, keeping together and rotating leaders. Conversely, **riding in a bunch or group** involves a number of cyclists going the same way at the same time, with no particular structure. All riders in Cadence Women need to be very clear about this distinction.

Cadence Women is a training group for **bunch riding**, to practise bunch riding skills and technique. It is not a social group for social riding.

New members need to be educated and managed to induct them into the skills of bunch riding, and to make sure they have basic riding skills such as changing gears, riding on the road, etc. They need to be taught the need for communication, and taught the hand signals and rotation of leaders. On their first ride with the group, *no matter how experienced they say they are*, they will ride with the Relaxed group or the Beginners group, and will be buddied with an experienced rider who will induct them into Cadence Women's riding style. They will ride at the back of the group with their buddy to observe until their buddy believes they are confident and knowledgeable enough to join in.

Talking while riding is to be kept to a minimum. This is particularly important for the safety of all riders. Communication is vital; chat is distracting and potentially dangerous while riding in a close knit bunch. It also distracts riders from concentrating on technique. Therefore, chat time is before and after rides, and during the break, but not while riding. ***This is a really important point.*** Attention needs to be focused on safety and riding technique, and on the cyclist ahead and the road, not on last night's movie.

Each group will have a lead rider, nominated on the day of the ride by the group. The lead rider will not ride at the front of the group, but will make sure all riders are cooperating with bunch riding technique, and not causing any danger to the rest of the group by chatting, not communicating or signalling, allowing gaps to form, etc. The lead rider can ride within the group, or rove around it like a sheep dog, depending on how the group is going. Before starting the leader will check that all riders agree with their directives.

No group will contain more than 8 riders. This will enable riders to keep in contact with each other, and to maintain a tight bunch with minimum communication problems.

If a group decides to do a sprint they will all meet up at a pre-arranged point for slower riders or those who do not wish to sprint. This also applies to hilly sections where less strong riders often get left behind.

It is vital that all riders communicate from the rear. If they are struggling to keep up, or get left behind at the lights, or have a mechanical or physical problem, they must communicate, and make sure they are heard. ***This is another reason to keep chat to a minimum and groups small.***

Each group has a fixed average (or median) speed range, and rides at that speed. Riders who can't keep up will drop back to the next group. On the day of the ride a group may decide to alter their speed with consensus of all riders in that group. The group can review their speed at the half-way mark and change it if consensus is reached. A debrief can be held at the end of each ride to discuss any issues that may arise during the ride.

All riders are given the opportunity to volunteer to buddy a new rider. ***It is expected that all riders will take this opportunity at some stage.*** A brief document outlining the required skills and points to pass on to new riders will be produced and distributed to all riders.

All riders must have, and carry with them at all times, a Recreational Riding Licence from Cycloport Australia. They will be asked to show this licence on first riding with Cadence Women. Recreational Riding Licences are available through Cycloportif Victoria. The website is <http://www.cycloportifvic.com.au/> Click on *Membership*, then *How To Join*. On the section on the form which asks which group you are with, put Cycloportif Victoria. The cost is approx. \$45 per year.

Cadence Women operates as an informal group. Any rider joining Cadence Women agrees to ride by these directives. Any rider riding with Cadence Women agrees that no other person or entity connected with Cadence Women is liable in any way for any accident, injury or damage caused while riding with Cadence Women or at any other time. Riding with Cadence Women indicates agreement with the above statement.