

CADENCE WOMEN Charter for Riders

Membership of Cadence Women is voluntary and free, and no one member is liable for any other member in any way. Each member is entirely responsible for their own safety and the mechanical condition of their bike and gear, and their own behaviour while riding with Cadence Women. A member will be asked to leave the group if their behaviour or attitude causes danger to any other member. ***Riding with Cadence Women indicates acceptance of this Charter.***

All riders MUST be covered by insurance, having a current Recreational Licence from Cycloport Australia. All riders are to carry some form of identification and emergency contact details with them at all times, and a mobile phone when possible.

Safety is paramount, and all riders obey the road laws at all times. We ride two abreast unless passing, or riding beside double lines, in which case we ride in single file. This includes passing parked cars where two abreast would go into the next lane or out of a bike lane. Keep within bike lane markings at all times. Stop at all red lights. Wear helmets properly fastened at all times.

All riders are to carry a basic tool kit (tyre levers and a multi-tool) and at least one spare tube and/or a puncture repair kit on every ride. It is a good idea to be familiar with the tyre changing process. Tyres must be pumped to the recommended pressure.

Communication is vital. All riders are responsible for calling out loudly to indicate slowing, stopping, passing, rotating leaders, obstacles on the road, other riders passing, and any thing else significant. Use hand signals where possible. All riders must concentrate on the dynamics within the whole group, and be aware of what's happening at all times. Chatting is to be kept to a minimum.

We ride as a group, therefore all group members look out for each other. All members are to keep checking the numbers in the group. If one rider needs to stop for any legitimate reason we all stop. We don't let anyone drop off the back of the group unless they insist they want to. If a rider decides to leave the group for any reason they must communicate this intention with other group members so there is no confusion.

In case of accidents, an injured rider is NOT to be left alone, whether they want to or not. At least one group member is to volunteer to stay with the injured rider until an outcome is resolved, e.g. rejoining the group, or the injured rider being picked up by someone else, etc.

If some riders in a group don't get through a set of lights they call out loudly, and those in front ride slowly to let them catch up, stopping if absolutely necessary. Those left behind make every effort to ride more quickly to catch up. We slow down at the top of a hill if necessary to allow others to catch up.

No one rider leads a group, the lead position is shared by group members who nominate a leader for each ride.. The distance, speed and route of the ride is decided by consensus, or, failing that, the most votes.

Members are to look out for new members and those with less experience, and mentor them until they are comfortable within the group. Volunteers may be called for to ride with a new member on their first ride. No new members may ride in the Challenge group on their first ride. Mountain bikes are not suitable for bunch road riding, therefore may not be ridden with Cadence Women.

It is vital that care be taken when offering constructive criticism and instruction and sharing experience, so that it is done in such a way as not to cause offence.

Wear the team ride outfit whenever possible while riding with Cadence Women, and be an ambassador for the group by wearing it on other rides, and practising safe riding.