



www.carinaleaguestriathlonclub.com

Club Patron: Loretta Jones (nee Harrop)

CLTC Group Riding Etiquette

The primary objective of every ride with the Carina Leagues Triathlon Club Inc. is to ensure that every member returns safely from the ride to Clem Jones Centre base.

Whenever you ride with the club and its members you are responsible for keeping yourself and preventing other members from being placed in danger.

ATHLETE SAFETY IS THE NUMBER ONE PRIORITY ON EACH AND EVERY RIDE

The following information provides a guide to the expected group riding etiquette within the Carina Leagues Triathlon Club Inc.

As a member, if you see someone doing something which is not in accordance with this guide, it is your responsibility to remind or correct them in the first instance. However, if you witness a serious breach or matter of non-compliance, please raise this with the Head Coach at the conclusion of the ride.

CLTC Group Riding Principles

The 6 key principles of all of our Group rides are:

- 1) **Respect**
- 2) **Obeying all Road Rules**
- 3) **Communication, communication, communication!**
- 4) **Maintain Correct Group Cycling Formation**
- 5) **Adherence to the speed (power output) and course for the ride as assigned by the Coach**
- 6) **Essential Equipment for All Rides**

1) **Respect**

- Please respect the judgement and instructions given to you by club members with more experience than you. All new members need to integrate into the existing ride culture and groups
- If there has been a ride leader appointed to the group by the Head or Assistant Coach please follow his/her instructions. They have been entrusted by the coaching staff to ensure the group has a safe ride.
- If you are participating in an event organised by the CLTC, please be mindful you are representing the Club and its sponsors.
- The CLTC aim is to be inclusive and supportive of all riders, regardless of their ability.
- All CLTC members should be respectful of all riders and members of the public while riding.

2) **Obeying All Road Rules**

- Obey road rules – non compliance is not only being dangerous to yourself and others, it can lead to fines and loss of demerit points
- Don't follow someone who breaks a road rule! E.g. Red Traffic lights and at roundabouts
- Use a cycle lane when available
- Give Way! – motor vehicles always win
- Be defensive to drivers and maintain eye contact with any vehicles that may be in your path





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3) Communication, communication, communication!

- Each and every person in the bunch is dependent on you. You are their eyes and ears and they are yours – you are responsible for knowing your verbal and hand signs (refer table 1.0 below, ask another Club Member or attend Sunday Metroplex Training sessions)
- You cannot afford to be a non communicator!!! You must communicate at all times via signal and verbal communication at all times to minimise the risk to yourself and other athletes within the Carina Leagues Triathlon Club rides.
- Always be on the lookout to communicate any possible danger (e.g., glass, debris etc)
- Maintain peripheral vision
- Think and look well ahead to gain time and space to react if necessary – communicate when changes occur
- To allow for proper communication, no headphones are permitted to be worn by members on Carina Leagues Triathlon Club Inc. group rides -

Table 1.0 Verbal and Hand Signals

Verbal Calls	Hand Signal	Example of use
“Slowing”	Palm facing down, raise you hand up and down	Approaching traffic lights or giveaway sign
“Stopping”	Palm facing out, make a stop sign with your hand behind your back	Traffic Lights or Stop Sign
“Hole”	<i>On your Right:</i> point with your finger (on your Right Hand) at the ground when the hazard is <i>On your Left:</i> point with your finger (on your Left Hand) at the ground where the hazard is located	Pointing out hazards on the road, such as rough asphalt, potholes, debris etc.
“Gravel” or “Glass”	Palm facing down, shake your hand from side to side	Gravel / Broken glass
“Car back”	<i>Not applicable</i>	When a car is behind
Moving Right or Left	<i>Moving Right:</i> point right with your left hand behind your back <i>Moving Left:</i> point left with your right hand behind your back	When moving around an obstacle eg a parked car





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4) Maintain Correct Group Cycling Formation

a) Riders on the Front of the Group

- When you transition to the front of the group your goal is to maintain the speed that you were doing when you were the second rider – please do not accelerate the group
- Your role is to maintain the designated tempo of the ride
- The communication starts with the front rider as you will have the best vision of the road ahead and any possible dangers – You must begin the communication to the rest of the bunch as previously described in section 3
- Communication to the second rider when you are going to roll through – please aim to do this when safe i.e. away from traffic islands and traffic etc. as you will need to ride in toward the middle of the road for a period of time
- When you peel off the front of the group you must go to the end of the group – pushing into the group can cause dangerous changes of pace

b) Rotations

- Be predictable in all your actions, communicating verbally and non-verbally any changes of direction or changes of pace to the group before you make them
- Ride directly behind the wheel in front of you. Do not “half wheel”
- Leave a gap suitable for your skill level and environmental conditions
- Ride single file at all times and inside of the parking line unless there is a cycling lane in which the group can comfortably ride two abreast – our club does not ride two abreast riding even though legally allowable unless inside a designated cycling lane due to a number of near misses with Queensland drivers.
- When moving from a “double” to a “single” file formation, the Left wheel (person on the left) stays left and right rider moves behind the rider to their left – this will only occur at the end of a designated cycling lane that we may be using.

5) Completing the assigned tempo (power output) and course for the ride

- Groups in our club are divided upon the average speed (power output) of the ride
- Please aim to ride within your capability so that other club members do not have to wait for you if you cannot keep the assigned speed or alternatively are going too fast for a given group speed
- If someone decides to increase the pace dramatically at the front of the group then let that person go. A rider who wants to go faster than the assigned tempo can ride alone as they are not respecting the etiquette of the group.
- Ride courses are designated for safety of the group as they often have a wide shoulder and fewer cars than an alternative route. Please adhere to the assigned route.
- If you do not know the assigned route please ask the coach again before your start





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6) Essential Equipment for All Group Rides

- No correctly fitted helmet, no ride!
- While riding in CLTC groups, no rider is permitted to be on their aero bars regardless of their ability, goals and experience
- All riders must carry a spare bike tube (or 2) and equipment to change a flat tyre on every ride (i.e. a pump or oxygen canister). Please also learn before your ride how to change your on flat tyre should this occur
- All riders should carry a mobile phone with ICE (in case of emergency) as emergency contact
- All riders should have the number of the Triathlon Head Coach and Assistant Coach programmed into their mobile phone in the case of emergency
- All riders must use front and rear lights for all early morning rides. Including rides on closed tracks such as Murrarie.
- All riders must start each ride with a full water bottle
- All riders must carry sufficient nutrition to complete the planned ride
- It is high recommended that all riders wear protective glasses or sunglass to provide eye protection from road grit.

