

MBC Ride Guidelines

All official rides of the Montgomery Bike Club (MBC) will be posted on the Club calendar, which may be found on the home page of the club website. If this calendar location changes, these guidelines will be updated. Other rides, including organized events, may be found on the calendar and these will be noted as “information only”. These are not club rides.

NOTE: Club Insurance covers ONLY current, paid Club Members *and* first-time guests of MBC on club rides. Non-members are expected to sign a waiver of liability and are encouraged to join the club prior to future rides.

All MBC rides will be conducted in accordance with applicable laws and ordinances governing the use of bicycles. In addition, riders must comply with the following:

- a. Riders must correctly wear an ANSI approved helmet.
- b. Earbuds or headphones which limit the ability to hear other cyclists, traffic, pedestrians and animals will not be used by any rider. Hearing aid devices for hearing impaired riders may be used. Off ear, cycling specific communication equipment may be used.
- c. Some rides may be large and impossible to keep track of everyone. Riders should “look out” for one another by maintaining individual responsibility and self-sufficiency.
- d. Riders will carry a spare tube, basic tools and a tire inflator (Pump or CO2). Riders should be able to fix flats and carry out simple mechanical repairs. If a problem occurs one or two volunteers can stay and help. If a mechanical problem requires more than roadside assistance, the rider may want to call someone to pick them up. If there is no cell phone reception, two volunteers can pedal to a place of reception and make the call.

Group Ride Information:

As a minimum, a club ride announcement will give the start/end location, the start pedaling time, the distance to be ridden, the pace and elevation expectations and if the ride is drop or no drop. The announcement should also include a GPS link from any publicly viewable service. Examples are Strava, Ride with GPS and Map my Ride.

Ride leaders will follow ride leader procedure, noted elsewhere. All riders are encouraged to cross-check for helmet, water/food, tire pressure/condition, confirm details of the ride. All riders are encouraged to exchange contact info with other riders in the event of separation from the group, or a need for assistance. Riders should also carry some form of identification, and written emergency contact and medical information. Some riders prefer a Road ID bracelet or similar device. The information should be kept in a location that is reasonable to search, i.e. a saddle bag, should an incident require the information. Please advise the Ride Leader of any medical conditions which you could, if symptomatic, affect your ability to ride.

In the event of an accident, other riders will stop to render aid as possible. Call 911 as needed. If in doubt (the rider is wobbly, seems unable to focus but otherwise unhurt) call 911. Head injuries may require special diagnostic equipment to evaluate. Also, injured riders often do not realize the extent of their injuries. Swelling and pain can increase rapidly if they continue to ride. In some cases, a car may be close enough to carry the rider to see a dr., but when in doubt, call 911. When possible notify the MBC President or their designee the pertinent details of the accident.

If an accident involves another vehicle, Law Enforcement MUST be called. A police report will be needed for any future case that may arise from the accident. If not an emergency, use the regular phone # for the local office of the city or county you are in. If an emergency, use 911. Cell phone or camera pictures may be useful so save these for use if needed.

Riders may choose to leave the MBC ride at any point along the way by informing the ride leader or other riders that they are doing so. At this point, they are then on a private ride and not part of a club ride.

At the end of a ride, forward information regarding the ride: dogs, traffic, road condition, etc that would be useful for other riders to know, to the MBC ride coordinator. The MBC Ride Committee is authorized to make necessary changes to these rules. Club members will be notified of any changes.

Thank you for your part in making riding safer and better for everyone!



Effective July 9, 2018