

CLUB GROUP RIDE RULES – SUSSEX CYCLISTS

In order to promote safe and enjoyable rides, participants agree to the following:

RIDE REGISTRATION

1. **Know your capabilities** before registering. For the enjoyment of all riders, please consider a different ride if you are not sure you can maintain the speed and ride the distance. **Contact the Ride Leader before the ride if you are not sure or have questions.**
2. **Speeds and distances** are posted on the calendar. The posted speed is an AVERAGE MOVING SPEED excluding time when stopped. Expect variations in the total ride speed of +/- .5mph at the end of the ride due to road and weather conditions and the abilities of others.
3. Riders MUST **register in advance** by using the [website calendar](#) OR the Wild Apricots for Members app for [iPhone](#) or [Android](#).
4. **When registering, riders must** provide emergency contact information, agree to these rules and accept the Club's Release and Waiver of Liability Agreement.
5. The **first Club Group Ride of a guest rider is free.** Thereafter, we expect group riders to join and financially support the Club.

THE RIDER

1. Riders are expected to **be ready to ride 10 minutes before** the posted start time. RIDES LEAVE ON TIME.
2. Riders must be **self-sufficient** and carry a spare tube, inflation device, water/sports drink(s), and a snack (if desired).
3. Properly worn ANSI or CPSC certified **bicycle helmets** are required whenever on the bike. **NO EXCEPTIONS.**
4. **Earphones** are prohibited, except for hearing aids.
5. **Cell phones** may be used when stopped, while off the road in a place that is safe from traffic and does not create a safety issue for other cyclists.
6. **Riders under 18 years** must be accompanied by an adult.
7. Riders agree to call out and/or relay (to riders in the front and back) traffic and road hazards, **and not to do anything that may compromise their safety or the safety of others.**
8. Riders must follow current CDC and state guidelines for **COVID and other diseases** and be free of any FLU, RSV, or COVID symptoms. **IF YOU DON'T FEEL WELL, DON'T RIDE.**

THE BICYCLE

1. Bikes must be in **good condition** and **properly maintained**, with tires pumped up to pressure within the range stated on their tires.
2. **Aerobars** (AKA "tri-bikes") are used by competitive athletes to assist in getting into a tuck/aero position. They are strongly discouraged for Club rides, but may be used only at the discretion of the Ride Leader, and only when riding in the lead position.
3. **Time Trial ("tt") bikes** are prohibited. They are typically bikes that have shifters at the front of integrated aerobars and are almost always designed to be ridden in a tuck/aero position.
4. **eBikes** must be safely ridden within the ride posted speed and club group ride etiquette. Pedal assisted eBikes (Class 1 and Class 3) are welcome. **Throttle assisted eBikes (Class 2) may only be used on rides posted with a Target Speed of 15mph+/- or less**, and only with pedal assist and without using the throttle.

THE RIDE

1. Riders must **obey all traffic laws** (e.g., stop at all red lights, rolling stop permitted with caution at most stop signs) and other rules outlined in [Delaware TITLE 21 - CHAPTER 41. Subchapter XII. Operation of Bicycles](#).
2. **Riders who leave the ride** or are not stopping at end of the ride must notify the Ride Leader, preferably directly or if not practical, by asking another rider to relay a message to the Ride Leader.
3. For the safety and enjoyment of all, **participation is at the Ride Leader's discretion.** If asked to leave, riders are expected to do so respectfully and immediately.

For questions about a ride, please contact the Ride Leader or Club Ride Director (preferably before the ride).