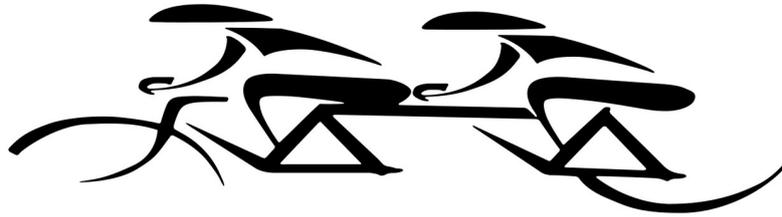


WATCAC



Western Australian Tandem Cycling Advisory Council Riding guide *July 2021.*

INTRODUCTION

Group riding requires awareness and care beyond skills and conventions of solo cycling. Riding in support of blind and vision-impaired cycling, we have a special duty of care, to always ride in a manner that is respectful of the safety expectations of your riding partner. The partnership and responsibility shared between pilot and stoker is extended throughout the group to ensure the safety and enjoyment of all participants. On WATCAC rides some bikes may have assigned roles. But as always in tandem cycling, no one person is more important than another.

This guide outlines preferred practices for WATCAC rides¹. Our priorities on group rides are the safety and enjoyment of all participants.

BEFORE YOU START ON A WATCAC RIDE - YOUR RESPONSIBILITIES

- Complete a WATCAC ride clinic prior to your first group ride (if not please advise the ride leader to take this into account).
- Consider use of sunscreen, appropriate clothing, and footwear.
- Bring a helmet and a bike water bottle that fits securely in the bottle cage.
- Pilots need to be familiar with their bike and ensure it is in good working order. Arrive early if necessary and do a lap around the street.

DURING A WATCAC RIDE

Group size

A group larger than 8 tandems and three outriders may be split into two groups for safety reasons. Two groups aim to maintain 100-200m separation, each with a designated lead tail-end bike. With two groups, riders of similar levels/abilities can group together to ensure everyone has a safe and enjoyable ride.

¹ WATCAC would like to acknowledge the use of a variety of group riding guides in the development of this document, including WestCycle, Over55 Cycling Club, Garland Cycles South Perth.

Be courteous

Ride defensively and avoid confrontation. Being courteous and respectful of all other road users enhances the group's safety. Give a nod, a smile or a thumbs-up to people doing the right thing.

- Follow the road rules.
- Don't take phone calls while riding.

Ride single file on bicycle lanes, Principal Shared Paths (PSPs) or other shared pathways. Keep to the left. On roads, do not ride beside or through stopped or slow-moving traffic (lane filtering) as this is likely to spread the group, with bikes becoming separated.

Group roles

Leader

The ride's leader briefs the participants with an outline of the route including potential hazards, nominated regrouping or stopping points. During the ride the leader will:

- Be primarily responsible for the group's safety. Your stoker will understand if it is not the best time for social chat.
- Set the pace to accommodate all participants, making use of designated stopping points to check in with all riders. Do not leave anyone behind.
- Call road obstacles and warn the group of any traffic changes.
- Make the "stopping" call on the approach to red/orange traffic lights, or the "roll through" call on approach to green traffic lights.
- Remember to think of the group as one slow moving vehicle, if the back cannot get through safely, stop the group, or re-group if split.

Middle

When riding on the middle of the group:

- Aim for a consistent speed and line (avoid stop/start pedaling).
- Maintain a safe following distance and monitor the road ahead. Aim to keep riders ahead in sight.
- Pass on all calls, up and down the line, using a loud voice.
- Only proceed through intersections if it remains safe to do so, the pilot making a loud and clear "stopping" call to those behind you as required.
- Keep between the lead bike and the tail-end bike unless arranged otherwise. Only overtake on the right.
- Advise the ride leader or tail-ender if there is an issue or if you are leaving before ride's end.

Tail-end

A tail-end bike may be a tandem or a designated marshaling single rider.

- By always remaining at the back, the presence of the tail-end bike is a signal to the leader that that all bikes are present.
- Other important roles include calling when vehicles are approaching from the rear and signaling to facilitate safe lane changes.
- At times the tail-end may be required to ride forward to communicate with the lead bike.

Single rider marshals

Group rides are frequently supported with single riders who may ride ahead or beside the group. As experienced marshals, their role is to support group safety through assistance with directions, negotiating intersections and communication.

The three priorities of group riding - safety, safety and safety.

Predictable group riding behaviour, calls and signals are important for the safety and welfare of you, your riding partner and all riders in your group. If you are not feeling comfortable about your safety speak to your riding partner, a ride marshal or the ride leader before, during or after your ride. The following table lists frequently used calls.

BIKE UP	Cyclist approaching from the front
BIKE BACK	Cyclist approaching from the rear
WALKER UP	Pedestrian or jogger approaching on path
WALKER LEFT	Pedestrian or jogger on left of path
BOLLARD	Beware of post, bollard, bus stop etc. ahead
GLASS LEFT/RIGHT	Broken glass hazard on the path ahead
SAND LEFT/RIGHT	Sand hazard on the path ahead
TREE LEFT/RIGHT/ABOVE	Branch hazard on or over the path ahead
DOG etc.	Unrestrained animal on the path ahead
SLOWING / STOPPING	When slowing or stopping
CAR BACK	A car behind that may be overtaking
CAR LEFT /RIGHT	A car is approaching from left or right
GAP	There is a break in the group
ALL ON	The gap has been closed

Ride leaders please use this handy checklist on the day...

Welcome and group introduction

- Introduce yourself
- Ask riders to introduce themselves, tandem-by-tandem.
- Welcome any guests or new members.
- Acknowledge recent or approaching birthdays!

Ride outline

- Briefly describe the route, distance, expected pace. Identify regrouping points and hazards.
- Touch on the next ride / event.

Safety Briefing

- Encourage calling down and up the line - path hazards, bollards, passing or oncoming traffic, slowing, stopping. Encourage bunching up at traffic lights, otherwise single file on paths.
- Designate tail-end single or tandem and roaming single bikes.
- Invite questions or comments from participants.
- Check your communication system (e.g., radios) if in use.
- Helmets and appropriate clothing
- Lights and trackers on