

University of Stirling Cycling Club



Health and Safety Guidelines

1) General

(a) Cycling, like any other sport involves a certain element of risk and therefore, must be properly organised. Reasonable precautions must be taken without distracting from the spirit of adventure that is associated with any form of cycling. Common sense and consideration for others is needed at all times.

(b) All members of the Cycling club must be able to cycle freely without the use of aid (stabilizers) on any type of road or trail. Any members requiring assistance with cycling should seek out an appropriate member of the clubs senior or sub committee in order to receive help with this.

(c) All new members of the club must receive basic safety instruction in how to handle a bike from an appropriate member of the clubs committee. This should then be demonstrated to the appropriate member of the committee before being allowed to take part in club rides or trips.

(d) All equipment used by members of the club must be inspected before setting off on any club rides or trips in order to make sure they are functioning properly. This should be undertaken by the designated member(s) leading the club ride/trip.

(e) All members of the senior and sub committee must set an example to the clubs members on any trip or club ride and bare in mind that they are representing the University of Stirling.

(f) All club rides and trips must be accompanied by two responsible adults. These responsible club members shall act as Safety Officers and shall take all reasonable steps to ensure the safety of all members of the party.

(g) On every trip a first aid kit must be taken and include a face mask.

(h) Each club member must check with a senior member of the club that he/she is competent to take part in the proposed trip/club activity. The decision of the senior member is final.

(i) Any member that feels unwell should report to a senior member of the club/group leader immediately. The group leader/senior club member will then decide if the club member is fit to continue with the trip or not. The senior club member/group leader's decision is final.

(j) All members of the club must have the club presidents' or his/her nominees' permission before any club equipment is taken out or used.

2) Protective equipment and clothing

- (a) All members of the clubs senior and sub committee must set an example to other members of the club by wearing appropriate clothing and protective equipment while taking trips or leading club rides. Appropriate clothing would be cycling suits, long or short sleeve cycling jerseys, Bibshorts, Biblongs, shorts, cycling tights. Appropriate protective equipment is required at all times and these consist of a helmet which is constructed to British Standard (BS EN 1078:1997). Other optional protective equipment is advised such as fingerless gloves or full finger gloves.
- (b) If members choose to use cycling cleats, then they must demonstrate to a senior member of the club that they can cycle safely while using this piece of equipment.

3) Road safety

- (a) All members of the club if taking part in a cycling activity that involves using roads must be aware of the Highway Code at all times.
- (b) All club members must cycle on the left hand side of the road at all times.
- (c) All cycle groups must not cycle more than two abreast and must stay in their pace line at all times unless moving to a forward or rear position.
- (d) If an echelon formation is required when cycling all members must be aware of their surroundings' and have due care and attention at all times.
- (e) All members must stick to the rules while cycling on the road and helmets must be worn at all times with no exception.
- (f) If any member is not sure of the rules pertaining to road cycling they should speak to the clubs president on this matter or an appropriate member of the clubs committee/sub committee.

Any outing by any individual(s) using club equipment or being supported by the Sports Union shall be deemed to be an official outing and as such is bound by these regulations.