

## Tredyffrin Easttown Mountain Bike Club/Team.

### Group Ride Rules

1. 2 Adults minimum with every small group on Long rides! (3 to 1 Ratio = 6 students and 2 coaches) Complications that may occur will require 2 or more Coaches/Parents to handle. In closed loop areas, radios can be used to facilitate 1 coach to a student group process.
2. Always have the first student and the last student in eyesight.
3. Students always need to know where their group's Coaches are. Students are equally responsible for keeping the group together.
4. Regroup regularly. Coaches should agree to a regrouping frequency.
5. Stop at every trail intersection when people don't know the trail to ensure the group stays together.
6. If you are waiting frequently for slower students, keep the students occupied while you wait by practicing on technical skills or hill repeats.
7. It is not a race... We all have a tendency to start out fast then settle in to our workout... Make a conscious effort to start slow and warmup.
8. Expressing frustration when it comes to the safety of team members is perfectly acceptable. – Students need to see adults speak up for others and themselves... Students will repeat learned safety skills when they are on non team rides.
9. No Drafting on multi use trails. Speeds must be less than 10 mph when passing pedestrians on ALL multi use trails.
10. Rides are not like closed course races. Respect everyone's right to enjoy the trail you are on (Dog walkers, horse riders and runners)



### Ride Etiquette

1. Ride Predictably – Pull off the trail to stop.. Don't stop in the middle of the trail.
2. Cyclists yield to all other non-motorized trail users:
  - a. ALWAYS Dismount for Horses (Both feet on the ground) - Ask the horse owner what you should do. Always stop on the downhill side of the trail where possible.
  - b. Don't force Pedestrians to step off the trail for you to ride by. Either dismount or ride by slowly allowing them to stay on the trail.
3. Always let people know you are coming from behind. Friendly greeting or bell ring are good methods.
4. Say hello to everyone... be friendly. ("Good morning!", "Beautiful Dog!", "Beautiful Day!", "Thank you")
5. Bicyclists traveling downhill should yield to riders going uphill, unless the trail is clearly signed for one-way traffic.
6. **Be an Ambassador for our sport! – Follow the rules and speak up when others don't.**