MEMBERS' CHARTER

Club ride arrangements, responsibilities and member standards

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Introduction

This Members' Charter sets out the agreed arrangements, expectations, and standards for all members of Coatbridge Clarion Cycle Club (CCCC). It has been developed to support safe, enjoyable, inclusive, and well-organised cycling, while helping both the club and its members to develop and progress together.

The Charter brings together how club rides are organised, how members communicate, and the standards of behaviour expected when representing the club. By following this Charter, members contribute to a positive club culture, protect the safety of all riders, and support the continued growth and reputation of Coatbridge Clarion Cycle Club.

Club Ride Structure

Tuesday, Thursday, and Saturday are designated club ride days for **road cycling**.

Occasional **gravel rides** may be posted on a Sunday to reflect the growing interest in gravel riding within the club.

Training Rides

Tuesday and Thursday rides are designated **training rides**.

These rides may include structured efforts, higher average speeds, or specific training objectives.

Saturday Social Ride

Saturday is designated as the **social ride**.

The focus is on enjoyment, inclusion, and riding together rather than performance.

A **coffee stop** may be included for those who wish to participate and can be organised on the day by those in attendance.

Routes

Routes for Saturday social rides will be posted in advance.

Suggestions for alternative routes or amendments may be submitted by members via **Spond**, using the comments section for that specific ride.

Saturday Groups and Speeds

The Saturday social ride may be split into **two groups**, where numbers and ability permit.

Indicative average speeds are:

Group 1: approximately **14–16 mph**

Group 2: approximately **16–18 mph**

These speeds are intended as **guidelines rather than targets** and may vary depending on terrain, weather, and group composition. The purpose of having two groups is to cater for a broad range of abilities within the club and ensure that all members can ride comfortably and enjoyably.

Group arrangements will be agreed on the morning of the ride, taking a common-sense approach based on the number of riders and their abilities.

Gravel Rides

The club recognises the increased interest in gravel riding and hopes to develop this further going forward. In the meantime, the following rides are planned throughout the season.

"Gravel Sunday" rides will take place on Sundays as and when posted.

These rides are social in nature and will usually operate as a single group.

A café stop can be organised by those in attendance.

Ride Organisation and Communication

Members should **not post alternative rides** that conflict with official club ride days.

Only **Clarion-focused activities** should be posted on **Spond**.

Sportives and organised cycling events may be proposed to the CCCC Committee for consideration as an exception to the above arrangements.

Only **designated members** may post official rides on the Clarion WhatsApp group or Spond.

Alternative suggestions for routes or rides are welcomed and should be submitted via **Spond** or the Clarion WhatsApp group.

Ride Management

A **pre-ride briefing** will take place before all rides.

All rides will have an appointed **Ride Leader** and **Sweeper**.

Members should **download the planned route** to their bike computer or navigation device in advance of the ride.

Members must adhere to the club's **Code of Conduct** at all times.

Roles and Responsibilities

Ride Leader

A Ride Leader is an experienced rider who leads, organises, and ensures the safe and smooth running of a group ride. They provide leadership on the road, safeguard rider welfare, and support the development of all participants.

Key Responsibilities:

Safety and Welfare: Prioritise rider safety, highlight hazards, ensure appropriate spacing, and manage group formation.

Navigation and Route Management: Lead the route and guide the group throughout the ride.

Communication: Brief riders on pace, rules, and signals, and communicate clearly with other road users.

Mentorship: Support and guide less experienced riders in group riding etiquette and road craft.

Sweeper

The Sweeper is the designated final rider in the group and acts as a leader from the rear.

Key Responsibilities:

Support and Morale: Encourage and support riders who may be struggling.

Group Cohesion: Ensure no rider is left behind and help maintain group unity.

Assistance: Provide help with basic roadside repairs or navigation issues.

Communication: Keep the Ride Leader informed of any issues or riders requiring support.

Those performing the role of Ride Leader and Sweeper should be agreed on the morning of the ride by those in attendance.

Pre-Ride Briefing

The pre-ride briefing ensures all riders are prepared and understand expectations before setting off.

The briefing should confirm:

Route, pace, and planned stops

Group riding etiquette and safety rules

Hazard calls and signals

Riding two abreast where appropriate

Courtesy towards pedestrians, horses, and other road users

Rider Readiness Checklist:

Helmets required for all club rides.

Where possible, members should wear the official “home” club kit (blue and white) when participating in club rides.

Tyres Checked

Brakes working

Lights (where required)

Mudguards for winter rides

Repair kit

Water

Fuel/food

Route downloaded

Code of Conduct

Coatbridge Clarion Cycle Club is affiliated to National Clarion and Scottish Cycling. All members are expected to embrace and adhere to the Club’s Code of Conduct as an integral part of their membership. A breach of the Code of Conduct may result in action being taken in line with the Club’s Disciplinary Procedure. Members are expected to:

Ride in a **safe, responsible, and predictable manner**, complying with the Highway Code at all times.

Show **courtesy and respect** to fellow riders, pedestrians, horse riders, motorists, and other road users.

Follow the instructions and guidance of the **Ride Leader and Sweeper** during club rides.

Ride within their abilities and **communicate clearly** if they are struggling or require assistance.

Support an **inclusive and welcoming environment** for riders of all abilities.

Avoid aggressive behaviour, unsafe riding, or actions that place others at risk.

Represent the club positively when wearing club kit or taking part in club activities.

Use club communication channels in a **respectful and appropriate** manner.

Disciplinary Procedure

Any breaches of the code of conduct can be reported direct in confidence to any Committee Member, verbally, by text or phone call. This should be followed up by a summary of the complaint in writing. Breaches of the code of conduct may result in a verbal warning, written warning, final warning or expulsion from the club. This outcome will be at the discretion of the committee who will consider the seriousness of the reported breach.

Insurance and Liability

The Club provides third-party liability insurance for its members. Members nonetheless take personal responsibility for their own safety and participate in all club rides and activities at their own risk. The Club, its officers, and ride leaders cannot be held liable for injury, loss, or damage arising from participation in Club activities.

Member Commitment

By becoming a member of the Club, individuals agree to adhere to this Charter, respect ride leaders, and actively support a safe, inclusive, and enjoyable cycling environment for all. All new members will be provided with a copy of this Charter as part of the application process. The Committee also welcomes views, suggestions or proposals from members that will improve how the club operates.