***T’s and C’s***

 ***GUIDELINES FOR TAKING PART IN THE 2022 POPPY RIDE***

 **Riders must read these guidelines prior to participation**

* RIDERS MUST BE AT LEAST AGED 16 OR ABOVE TO PARTICIPATE IN THE RIDE AND MUST BE PHYSICALLY CAPABLE OF COMPLETING THE DISTANCE. THERE IS NO UPPER AGE LIMIT.
* THIS IS A SOCIAL RIDE AND YOU TAKE PART IN THEM AT YOUR OWN RISK.
* USE YOUR COMMON SENSE WHEN SHARING INFORMATION OR MEETING NEW PEOPLE.
* IT IS YOUR RESPONSIBILITY TO ENSURE YOUR BIKE IS IN A ROAD WORTHY CONDITION AND FULFILLS THE RULES OF THE LAW.
* THIS IS A SOCIAL RIDE, NOT A RACE, TIME TRIAL OR SPEED SESSION.

**General**

**Health**

Cycling is a physical activity and can be strenuous. Those that participate in the ride should be in good health and any Rider that has a doubt about their health or fitness, or has a medical condition or injury that could be affected by exercise (particularly a heart condition), should consult their doctor before participating.  No-one should participate in a Ride under the influence of alcohol or drugs, complying with the Road Traffic Act 1988.

**Helmets** **and Clothing**

It is strongly recommend that all participants no matter what age wear a helmet and appropriate clothing.

**Meeting people**

Cycling is a social activity that involves communicating with and meeting different people, some of whom you may not know. You should therefore be vigilant and act with caution with someone that you are not familiar with, and exercise your best judgment in the circumstances. Be cautious when you share personal information which may allow someone to make unwanted contact with you.

**Insurance.**

Riders are recommended to take out their own personal insurance.

**Compliance with the Highway Code**

The rides should be undertaken in accordance with the Highway Code (where relevant). Failure to do so could be used to help determine whether or not a cyclist has committed an offence or is liable for damages.

**THE RIDE**

**The ride is not led or signposted, it is up to participants to ensure they know the route, carry maps or load navigational aids with the relevant GPX file as notified on the North East Lincolnshire Poppy Ride Facebook page.**

**1**. All Riders should be a minimum of 16 years old (and have proof of age if required by the Ride Organiser.) The Ride Organiser reserves the right to carry out the necessary checks and refuse participation in the ride should those checks not be satisfactory.

**2.** All Riders must read these Guidelines for Participation before taking part in a Ride and the Ride Organiser should display copies of these Guidelines to all non registered (i.e. those who have not pre-registered but turned up on the day) Riders to read before the Ride begins.

**3.** If in a group, the group should ride:

**i.** No more than two abreast except when overtaking.

**ii.** In single file on busy roads and when it would otherwise be dangerous for vehicles to pass

**4.** Riders should use appropriate bike lights when cycling in hours of darkness.

**5.** Riders should be courteous to other road users and should not cause an obstruction or interrupt the free flow of traffic.

**6.** When cycling in a group, the group should remain as one group throughout the Ride where possible and ride slow enough to allow time for the entire group to negotiate obstacles. e.g. potholes.

**7.** In the circumstance that it becomes necessary for the group to split, leading Riders should slow down or find a safe place to stop and reform as one group before carrying on.

**8.** The group should provide a supportive environment for all Riders. The group should always wait for the last Rider and agree to ride at the pace of the slowest Rider.

**9.** Riders are responsible for their own well-being and should be prepared for situations such as adverse weather conditions, mechanical problems and flat tyres.

**10.** Riders should be prepared for all eventualities and carry the following items: refreshments, mobile phone, bike lights, bike pump, puncture repair kit, spare tubes, multi-tool, waterproof clothing and money.

 **11.** The organisers, managers or any sponsors or promoters of the ride may take photographs or videos of the ride and riders for publicity purposes. By registering to participate in the ride either on your own behalf or upon behalf of any other, you agree that photographic images of you, containing you may be used by the organisers, managers or any sponsors or promoters of the ride for publicity purposes.

**12.** Photographs and video images may be taken by a participant for their own personal record of a ride. All other participants on a ride should be made aware of this. Those wishing to take photos are requested to be open and honest about this. If any participant objects then all other participants should be requested not to take any photos of the ride.

Photographs and video images may be taken by individuals not directly connected to the ride, for whatever reason, and the organisers, managers or any sponsors or promoters have no control over this.

[CLOSE](https://www.goskyride.com/Registration/TsAndCs?CalendarEventTypeID=21)