



Chinook Ride Policies

Requirements for All Chinook Members and ride participants: The following policies apply to all riders participating in a Chinook Cycling Club ride

- **Helmet Required** –All ride participants must wear a CPSC, ASTM or SNELL approved helmet while riding
- **Aerobars** –Aerobars are permitted but may not be used while riding within a group. When in the aerobar position, riders must ride off the back of the group.
- **Obey Traffic Laws** - Bicycles are required to obey all traffic laws.
- **Lane Positioning** - Ride as far to the right as safely possible leaving enough room to avoid hazards. A rider is permitted to use the entire travel lane where hazards exist or where it is unsafe for a car and bike to travel side by side. Never cross the center line. Be courteous and use the shoulder when it is safe to do so. Do not pass on the right.
- **Reduce Traffic Obstruction** - Do not ride more than two abreast. Go to single-file when necessary to avoid obstructing traffic.
- **Call Out Hazards** - “Car Up” or “Car Back”, when vehicles are approaching. "On Your Left", when approaching slower riders or pedestrians. "Stopping", "Slowing" "Standing" as needed. "Post" for the hazardous bike lane posts.
- **Use Hand Signals** - Point to hazards such as potholes and gravel. Signal left and right turns. Signal when riders behind should not stray to your right because of an upcoming hazard, narrowing shoulder, etc.
- **Do Not Take Risks to Stay With a Group** – let them go if necessary (eg. approaching and entering roundabouts, left turns in front of cars). Conversely, riders at the front should wait for an opening large enough for the entire group before crossing traffic.
- **Interaction With Cars** - The club encourages riders to be courteous to cars, regardless of how drivers act toward us. A friendly wave serves us better than gesturing or yelling obscenities. Be aware of traffic building up behind you-find a place to allow cars to pass if possible.
- **Be Predictable** - Look before you make a move. Riders and motorists expect you to ride in a straight line and at a consistent speed. Avoid sudden changes in

speed or lane position. Scan behind and to the side before changing position. Always check for cars before moving left in the lane!

- **Don't be a Jerk** - Being courteous, safe, and obeying traffic laws can set a good example for new group riders, and will improve how the general public views group rides.
- **This Is Your Group!** If you see a person behaving inappropriately, you have the right and responsibility to speak up and talk to that person!

The club is composed of a wide range of riders with some riders wanting a high intensity ride while others are just out for a casual group ride. Sometimes serious riders need to keep a hard pace for a long period as part of their training. The Wednesday and Saturday group rides tend to be more aggressively paced while Sunday is more relaxed. If you find yourself unable/unwilling to keep pace with the fastest riders, then please look back for riders to regroup with. Regrouping enables the fun of riding in a group and it helps encourage those not keeping pace with the fastest. **We should always be good ambassadors for the Club, the sport, the community, and the environment.**