

Velo Hay Cycle Club
Membership Form

Name:
Date of Birth:
Address:
Telephone (home):
Mobile:

Next of kin		
Name:	Relationship:	Telephone:

Any medical history/info we should be aware of:
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<i>I confirm that the information I have given is correct, and that I will abide by the rules and regulations of Velo Hay Cycle Club.</i>	
Signed:	Date:

Membership for one year, from the date payment is made, is £10.00.

[Office Use]

Payment amount: £

Date received:

Signed:

Rules & Regulations

Velo Hay is about making cycling a **fun** and **sociable** experience for everyone! To make sure this happens, we have a few guidelines - please take the time to read and follow them. If something doesn't quite make sense, please ask - it's what we're here for!

1. **Your bike:** it doesn't need to be flashy, but it does need to be safe. Please make sure your brakes work, your wheels go round, tyres are pumped up, and your gears work. If there's a possibility of riding in dusk or darkness, you must have working lights. If you're not sure about any of this - for instance if your bike has been sitting at the back of the shed for years - please get it checked out before you turn up for a ride. We don't like turning people away, but if your bike isn't safe, we might have to.

*(If you don't have your own bike, but want to give cycling a try, Drover Cycles offers **discounted bike hire** to Velo Hay members, at £7.50).*

2. **You:** we don't expect everyone to come dressed head to toe in lycra, but please wear clothing you find comfortable to cycle in, and that is suited to the weather (i.e. if it looks like rain, bring a waterproof!). Please avoid things like flappy trousers that might get caught in the chain and cause an accident. Wearing a cycle helmet is not compulsory, but we strongly recommend that you do wear one. While you don't need to be a mechanical expert, as a minimum please try to carry spares with you (e.g. inner tube and pump), and you'll get help to fix any problems that might arise out on the road. We run basic maintenance classes, so there'll be no excuse not to learn!

3. **The ride:** we will mostly be riding as a group, on the road. We want this to be a relaxed, fun, non-competitive and safe experience for everyone, which means some important ground rules must be followed. First off, we follow the highway code (e.g. obey traffic lights, do not ride more than two abreast) and show respect to ALL other road users (including drivers, pedestrians, other cyclists,

horse riders, sheep and other members of the group). In practice, this means:

- Allow cars to pass you on narrow roads, when safe and appropriate to do so.
- Ride two abreast when safe and appropriate to do so - this means the group is more compact (easier for cars to pass - if the road is wide enough) and more efficient, and try to allow a gap of no more than a metre between you and the rider in front.
- Communication is key! Try to get used to paying attention to, and using: hand signals to point out hazards in the road, or to signal the group needs to move to the left or right to pass something; and shouted warnings if, for example, a car is approaching and the group needs to go single file to allow it to pass.
- In a group, more important than being able to ride fast is being able to ride smoothly. Most of these points are designed to keep everyone in the group safe, and moving at a constant pace. Focus on riding predictably, without suddenly braking or accelerating. Anticipate traffic and road hazards, and how the group (particularly the rider in front) might react.
- No-one gets left behind! The pace we expect to average will be published in advance - so choose a ride that matches your ability. These are not races, so we will stop to allow riders to catch up where appropriate, but we won't wait for anyone who disappears off the front - you'll be on your own. There will be a 'sweeper' on each ride, who will ride at the back so even if you're the slowest, you won't be left on your own. If you need to stop for a break, say so - we'll all stop.
- Have fun! This may all sound a bit formal and a lot to take in, but these guidelines are important for everyone's safety, and you will not be expected to do it all right, first time. We are here to help!

4. What you get for your membership fee: for 2013, the membership fee is £10.00, and club rides will run from May to October. Benefits include:

- Weekly bike rides
- Discounts on maintenance classes and bike hire
- 10% off parts & accessories at Drover Cycles
- 20% off team kit.