GENERAL RIDING SAFETY DOCUMENT

Ride Together. Stay Active. Have Fun. Be Safe.

Our club has enjoyed many years of great riding, camaraderie, exercise, and appreciation of the beautiful area we live in. With more riders participating, safe group riding becomes even more important.

A group ride is exactly what it sounds like: multiple cyclists riding together along a planned route. But there's more to it than just showing up and pedaling. Group rides operate with their own etiquette, structure, and communication systems that help large groups of riders move safely through traffic and terrain.

Please review this document before your next ride. This is a baseline list of safety guidelines — if you want additional information, search the web or ask a club member. Be Safe. Have Fun!!

"Reading this document doesn't make you a better rider — only riding will do that. But it gives you the information that will influence your riding skills."

SAFE RIDING METHODS

1. Be Predictable

Avoid sudden moves and ride in a way that others can anticipate your actions. Predictability is the foundation of safe group riding.

2. Maintain Safe Spacing

Keep a safe distance from the rider ahead and never overlap wheels — one of the most common causes of crashes. As a rule of thumb, maintain 3-4 feet of spacing. Safe distance is dynamic and depends on:

- Rider skill and experience
- Group speed
- Mix of bike types (e-bikes and pedal bikes)
- Terrain, road conditions and weather

You will need to focus and communicate your position and safe distance from other riders at all times.

3. Passing

The main passing rule is: NEVER pass on the right. Passing will always be on the left.

> **Passing Protocol:** Verbally announce your intent to pass → Check for road traffic and other riders → Move out to the left → Call out "On your left" as you pass → Merge back into line on the right once clear.

4. Stay Focused

Keep your attention on the road and riders around you. Keep your head up and look down the road — not just at the bike in front of you. Avoid texting or calls while riding. If you must take a call, pull safely off the road.

5. Communicate Clearly

Call out hazards, signal when slowing, turning or stopping, and announce passes. Clear communication keeps everyone in the group informed and safe.

6. Ride Single File Most of the Time

Never ride more than two abreast, and only when safe. In general, stay as far right as conditions allow.

7. Follow Traffic Laws

Stop at red lights and stop signs. If you cannot make a green light safely, call out "stopping." Do not run red lights to stay with the group. Yield to vehicles when they have the right-of-way.

8. Follow the Ride Leader

Stay behind the ride leader and ahead of the sweep. If you leave the group or change routes, let the leader or sweep know.

9. Ride Within Your Ability

Ride with others at a similar pace and skill level. Choosing the right group keeps everyone safe and comfortable.

10. Speak Up About Unsafe Riding

If you see unsafe behavior, politely mention it to the rider so they can improve. If the issue continues, notify the ride leader or sweep. Looking out for each other keeps everyone safer.

E-BIKE RIDERS

The Old Kranks welcome e-bikes because they help many riders continue enjoying group rides as abilities change with age. E-bike riders must follow all the same safety practices as other riders, and we ask that you:

Use Assist Mode Rather Than Throttle

> **Approved:** Class 1 & 3 pedal assist e-bikes

> **Not Approved:** Class 2 throttle-controlled e-bikes

Match the Group's Pace

Please avoid accelerating quickly on hills or flats. Use assist to support your ride while maintaining the group's pace — not to surge ahead.

CLOTHING & EQUIPMENT

The following applies to all riders — traditional and e-bike:

MANDATORY	OPTIONAL
✓ Helmet	+ Gloves
✓ Rear view mirror	+ Navigation equipment
✓ Rear blinking light	
✓ Spare tube or tubeless tire plug	
✓ Tire pump and/or CO2 cartridges	

Old Kranks often provide links to Ride with GPS (RWGPS) maps by email prior to scheduled rides.

QUALIFYING NEW MEMBERS

All new members are required to complete the following before riding independently with the group:

- Read the Old Kranks General Riding Safety Document
- Complete the Cycling Performance Check (performed on the Monday local Westlake ride)

CYCLING PERFORMANCE CHECK

Used to observe new members — and always applies to all members. Ride leaders will observe the following during the Monday local Westlake ride:

GENERAL — ALL RIDERS
☐ Respectfully listens to pre-ride announcements
☐ Has all mandatory clothing and equipment
☐ Mounts and dismounts smoothly without assistance (if using pedal clips, can clip in and out with ease)
☐ Starts from a stop without wobbling or excessive acceleration

- ☐ Rides in a straight line for 50+ meters at consistent speed
- ☐ Makes smooth turns in both directions
- ☐ Maintains safe spacing when passing — never passes on the right
- ☐ Stops smoothly using both brakes without skidding
- ☐ Performs an emergency stop from 10 mph
- ☐ Uses hand signals for turns and shoulder-checks for traffic when passing
- ☐ Anticipates and shifts to a low gear before approaching a steep hill or stop
- ☐ Rides comfortably for 20+ minutes without fatigue

E-BIKE RIDERS — ADDITIONAL CHECKS

- ☐ Switches between power modes while riding
- ☐ Checks battery level and understands remaining range

SAFETY RECORD — ANNUAL REPORT

- Club officers record all incidents throughout the year
- Club officers review the incident record annually
- Annual review informs updates to this safety document and club riding guidelines

Be Safe. Have Fun!!

Questions about this document? Ask your ride leader or any club officer.

oldkranks.net | Westlake Village, CA