**ORIENTATION CHECKLIST FOR NEW MEMBERS**

**Welcome to the Geographe Cycle Club! Below you will find a checklist for all new members designed to ease you into our club and make you aware of do’s and don’ts of group riding.**

1. **All new members will be assigned a ride group with a leader who will make sure that your ride is safe and fun. We ride in groups of up to 10 members.**
2. **Before your first ride the Ride Captain will inspect your bike and offer advice regarding lights, spare equipment, riding attire, riding etiquette including verbal and non verbal signals for a safe and enjoyable ride.**
3. **Monday rides include a morning tea at one of our locations around Busselton….just bring a cup and enjoy!**
4. **If you’re new to group riding, don’t worry as we will make sure that you only ride a distance that is comfortable. Talk to our Ride Captain about your fitness level and expectations.**
5. **Basic safety is important to all members so an Australian compliant helmet along with suitable footwear and gloves is a must. A bell is compulsory and a mirror is highly recommended.**
6. **Don’t forget to bring a water container**
7. **Checkout our website to find rides, news and camp information: geographecycleclub.org.au**
8. **Riding is fun!**

**SOME DO’S AND DON’T’S OF GROUP RIDING**

**( your ride leader will explain these in greater detail)**

**DO**

**Communicate constantly – both verbally and by hand signals**

**Pass any calls up or down the line**

**Keep at least one hand on the handle bar at all times**

**Concentrate – be alert to your surroundings and keep your head and eyes up (don’t fixate on the wheel in front)**

**Listen for the group leader’s calls and obey them at all times**

**Announce hazards clearly and loudly**

**Ride in a single file**

**Obey all traffic laws**

**Ride smoothly and predictably; riders who change speed and/or direction in a jerky fashion make other riders nervous.**

**DON’T**

**Overtake another rider if is unsafe to do so**

**Never overtake on the left**

**Overlap wheels with the person in front**

**Brake suddenly**