

CBTC Complete Ride Guidelines

Coastal Bicycle Touring Club – Savannah, GA

The following guidelines govern how we ride together as a club. All riders are expected to be familiar with these policies. Ride leaders will review key safety rules before each ride. For a quick reference of the most important rules, see the Ride Essentials on our Ride Policies page at cbtc.org/ride-policies.

Required Equipment and Minimum Pace

- Maintain a minimum pace of 14 mph.
- Wear a properly fitted helmet at all times.
- Carry a spare tube and tire-changing tools.

Stay Alert

- Momentary inattention is the number one cause of incidents.
- Keep your head up and eyes focused down the road.
- Watch for vehicles, bicyclists, pedestrians, and hazards such as curbs, potholes, railroad tracks, glass, and debris.
- Do not wear earbuds or use phones while riding.
- Scan ahead and anticipate what others will do.

Maintain Space

- Maintain a safe following distance from the rider ahead of you.
- Leave enough room in front of you to avoid other riders, vehicles, and hazards.
- Never overlap wheels with the rider ahead of you.
- Ride at least four feet from parked cars to stay outside the door zone.
- Move off the road or trail when stopped.

Ride Predictably

- Ride in a straight line.
- Stay right and pass on the left.
- See and be seen.
- Be courteous and act as a good ambassador for the cycling community.
- Cross railroad tracks at a right angle whenever possible and warn other riders.

Respect the Rules of the Road

- Obey all traffic laws.
- Slow and stop at all stop signs and traffic lights.
- Bicycles may treat stop signs as yields when no vehicles or pedestrians are present.
- Yield to pedestrians – they always have the right of way.

Double Paceline

Rides may be ridden single file or double paceline depending on location and group size. The A1 and A2 groups will typically ride in a double paceline. The B/C group will typically ride in a single paceline.

- If you are struggling to hold the pace, sit in at the back of the paceline. You stay attached and protected, and the group maintains a steady pace up front.
- If you start to fade mid-paceline, call it out and pull yourself out of the rotation. Moving to the back early is far better than opening a gap that costs everyone energy.
- Call “Change” when rotating positions in the double paceline.
- When in the front left position, call “Clear” before the front right rider merges over so they know it is safe to slide in without overlapping wheels.

End-of-Ride Sprints

- In the last two miles of the ride, if the road is clear and traffic is light, riders are welcome to jump out of the paceline and sprint it in.
- Use good judgment – make sure you have clear sight lines, minimal traffic, and enough room to pass safely before launching your sprint.

Communicate Clearly

- Use hand signals to communicate turns, slowing, stopping, and road hazards when it is safe to do so.
- Tell others what you are doing by calling out “Stopping,” “Slowing,” or “Passing on your left.”
- Call out hazards such as “Glass,” “Sand,” or “Post.” Use a clear outside voice.
- Announce “Gap” when the group becomes separated. Two whistle blasts may also be used to signal that the group is separated.
- Do not yell “Clear” at intersections – each rider must check for themselves.
- Announce approaches to railroad tracks.

Beginner Riding Tips

These tips can help new riders build confidence and control while riding with the group.

- **Keep your body loose.** Your weight should be mostly back on your seat and your arms should be relaxed. If you find yourself with a lot of tension in your arms, adjust so that your core is holding you up instead.
- **Give a strong starting push.** To start your bike, position one pedal in the 2 o’clock position – just over the height of its rotation toward the front wheel. Give this pedal a full push with your bodyweight to get moving before placing your other foot on the opposite pedal.
- **Stop with both brakes.** The front brake accounts for about 70% of your braking power. When stopping, gently apply both your front and rear brakes until you come to a controlled stop.
- **Scan behind you.** Before turning or changing lanes, glance behind you to check for approaching vehicles or bicyclists, just as you would when driving a vehicle.
- **Signal your intentions.** Hand signals are an important communication tool and should be used whenever it is safe to do so. If signaling would compromise your control of the bike, keep both hands on the brakes and maintain control first.