

Mandurah Over 55 Cycling Club Inc.

Rider Guide & Safety Rules

Safety is our top priority. Before riding, ensure your bike is in good order and you carry a spare tube, tools, phone with ICE contacts, water and snacks. On the road, obey traffic laws, ride predictably, and call hazards and directions down the line.

Preparation

- Always check your bike before each ride (brakes, tyres, gears).
- Carry a spare inner tube, pump, basic tools, water, snacks, and a charged phone with ICE contacts.
- Ensure you have adequate sun protection (sunscreen, sunglasses, clothing).
- Wear an approved helmet at all times.

On the Road

- Obey all traffic laws and signals.
- Ride in single file unless safe to ride two abreast.
- Maintain a steady pace and a safe distance from the rider in front.
- Do not overlap wheels.
- Pass only on the right and call out when overtaking.
- Signal turns clearly and call “slowing” or “stopping”.

Communication & Calls

- “Glass!” – Broken glass on the road.
- “Car up!” – Car approaching from ahead.
- “Car back!” – Car approaching from behind.
- “Walker/bike up!” – Pedestrian or cyclist ahead.
- “Post!” – Pole, bollard, or obstacle on the path.
- “Hole!” – Pothole or road hazard.

Group Riding Etiquette

- Be predictable with your movements – no sudden swerves or braking.
- Hold a straight line; do not weave.
- Rotate smoothly when taking turns at the front.
- Respect ride leaders and follow instructions.

- Support less experienced riders.

End of Ride

- Check for any riders who may need assistance returning.
- Thank the ride leader and fellow riders.
- Report any safety concerns to the Committee.