

Condensed Guidance for riders on CWAM Social Rides



All riders must be fully paid-up members/associates of CWAM and IAMRS.

All riders are expected to follow the Roadcraft system of riding at all times.

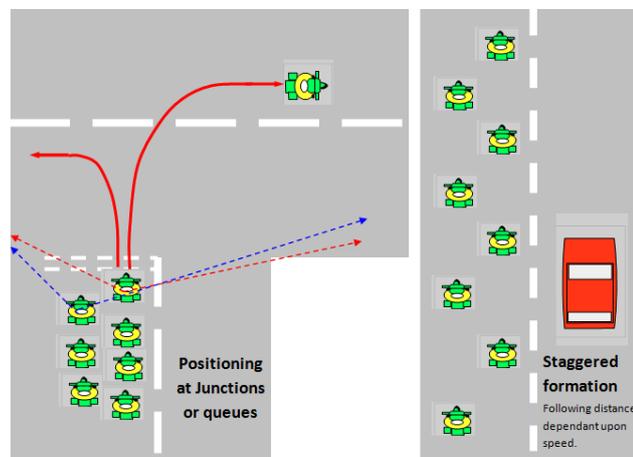
Briefing All riders must be present for the briefing given by the run leader or CWAM officer.

Fuel You must have a full tank of fuel upon arrival at the meeting point.

Breakdown Your bike must be in good mechanical order. It is important that you have your own recovery arrangements. Once the run leader has established that you cannot proceed, you will be left to wait for your recovery vehicle.

Following distance A two second gap between riders is ample and at slower speeds should be reduced. Excessive gaps are unnecessary and disrupt the flow of the ride. (1 Second when staggering).

A Staggered position is expected at lower speeds, on the open road and in town. This enables following distances to be reduced safely whilst still providing a good view and an adequate stopping distance.



Turning Right

Staggered Formation

Junctions and Slow or queuing traffic All riders must queue two-abreast. The person you pull up next to must always move off first.

Closing up All riders must take advantage of opportunities to close up any gaps if conditions have caused the group to break up or stretch. However, you should always stay within your comfort zone.

Marking If you cannot see the rider behind you at any turn-off, you must act as marker selecting a **visible** but **safe** position on the road to ensure the rider behind sees you and takes the correct route.

Overtaking other traffic Associates should not feel pressured to overtake and only do so if they are confident of completing the manoeuvre safely. For full members, anticipating, preparing and then executing an overtake safely should be the norm.

Overtaking within the group is not allowed.

Speeds All riders are expected to ride at the posted speed limits where practical.

Associate & Member Roles Associates must position themselves immediately behind the lead bike so the leader may adapt the ride to ensure their safety and comfort. Members are expected to show patience and be supportive to those riders whose skills are not up to the level of their own. Full members are expected to ride with precision and make good progress in line with the spirit and parameters of advanced riders. Racy, ragged or inconsistent riding will not be accepted.

Moving off Ensure the tailman can see you or knows where you are parked so he may advise the leader when everyone is mounted and ready to depart. This will prevent anyone being left behind.