



# BIKE CODE

Lakers:

- Abide by the road laws as they apply to bicycles including but not limited to:
  - Riding on the correct side of the road
  - Never cutting corners
  - Entering roundabouts in the correct side
  - Obeying all traffic signals - Never running RED lights
  - Riding a maximum of two abreast
  - Use hand signals when turning
  
- Take a risk averse approach to training rides by
  - Refraining from racing downhill
  - Cautiously riding through built up areas of high traffic
  - Cautiously riding through areas of high truck activity
  - Cautiously riding on poorly maintained roads
  - Cautiously riding in wet weather and high winds
  - Always passing on the outside (i.e. to the right of the rider in front)
  - Always maintaining a clear, comfortable distance behind the bikes in front
  
- Call out to other riders in the group as follows:
  - “Car back” when a car approaches from the rear in low traffic areas
  - “Car up” when a car approaches in the opposite direction in low traffic areas
  - “Car right” or “Car left” to advise those behind that entering the intersection may be unsafe
  - “Clear” to advise those following that the intersection is clear of traffic (**Following riders should nevertheless make their own assessment before crossing**)
  - “Slowing” or “Stopping” as required
  
- Use hand signals, if safe to do so, and/or voice to advise following riders of:
  - An obstruction on the road (hole, glass or other object). Point down to road.
  - A vehicle parked on the side of the road particularly if there is a passenger who could open a door. Point or wave across back.
  
- Are courteous to all drivers on the road
- Ride single file on narrow winding roads and when riding two abreast would unnecessarily impede traffic
- Make room for outside riders to move in when converting to single file
- Advise those around you of your intentions should you wish to slow, stop or move out of the pack
- Always carry adequate spares/pump/food/drink etc
- Stay alert – expect the unexpected