



- 1) If your intention is to attend the forthcoming training ride please respond to the Mailchimp circular to allow the organisers to arrange the appropriate number of tutors.
- 2) If the weather forecast is for poor conditions please check the Suffolk Riders website the evening before the ride to ensure it hasn't been cancelled.
- 3) Please arrive on a fully fuelled, road worthy motorcycle by the published start time. Be patient as it can take a few minutes to organise the groups, however the first group should leave within 15 minutes of the start time.
- 4) Full members can use the route for a social ride but should organise themselves into groups and not expect to have a Tutor within their group. Please inform the organisers of your intention on arrival.
- 5) One of the Tutors, who will be wearing a Suffolk Riders high vis. vest, will approach you to ask you your name and ascertain whether you are a full member of the group, an associate or a guest.
- 6) You will be allocated to a group which will have about four riders in it; if at all possible this will include at least one Tutor. If there are not enough Tutors one of the more experienced group members will be allocated the role of Group Leader.
- 7) Once you have been allocated to a group, listen to the instruction of the Tutor / Group Leader.
- 8) The ride organiser will set groups off at about 4 minute intervals to allow suitable spacing on the road.
- 9) All training rides are to be run within the rules of the road, no deviations.
- 10) All riders must ride within their capability. If you feel you are being pulled along reduce your pace to one you are comfortable with. The Tutor / Group Leader will ensure no one is left behind.
- 11) In a typical group, the Tutor / Group Leader will remain second bike on the road. Other members of the group will be rotated at the debriefs.
- 12) The Tutor / Group Leader will regulate the pace of the group to keep it moving as one. If you are leading and gap the tutor, slow down to allow the tutor and the rest of the group to catch up. If you are third man and can see the rider behind is being left behind, slow to allow the rider to catch up.
- 13) No overtaking within your group unless you are indicated to do so by the Group Leader.
- 14) If you are caught up by another group make it as easy as possible for the following group to pass. Consider opening up the gap to the rider ahead and possibly not accelerating as quickly as you might out of corners or restricted limits. Do not slow significantly or wave other riders past, it is for them to make the decision as to when it is safe to pass.
- 15) If you are at the head of your group and catch up with another, make your way past where it is safe to do so. Once past maintain a gap from the other group but allow members of your group to pass before continuing at your previous pace.
- 16) All riders should be aware of the route directions but you must follow the directions of the Tutor / Group Leader, even if they are wrong!
- 17) At the stops please contribute to the discussions / ask questions as this will aid your learning.
- 18) The training ride finishes at the destination; it is your responsibility to ensure you know how to get home.