

Code of Conduct

As a Team Natures Path club member, I promise to:

(A) Practice good sportsmanship and conduct myself in a professional manner at all cycling and non-cycling events in which I am representing Team Natures Path Cycling Club. “Representing the club” is defined as any time I am wearing a club jersey, or anytime I am registered at any event as a Team Natures Path member regardless of whether or not I am wearing the team uniform. This applies to all areas of the race venue. Unacceptable behavior includes but is not limited to:

1. Physical abuse to any person while riding or at an event.
2. Use of inappropriate language towards any person while riding or at an event.
3. Making obscene gestures directed to any persons while riding or at an event.
4. Malicious actions on the bike toward any persons.

(B) Wear club sponsors and team clothing proudly. As valuable advertising “vehicles” for our sponsors, TNP members are expected to wear a current, complete team uniform (including jersey and shorts) whenever possible in training, and without exception in all races.

(C) Obey all traffic regulations as enforced by all relevant local authorities while on individual or group training rides or as instructed during sanctioned races. Team Natures Path athletes must be conscious of our role as ambassadors to the non-cycling and recreational cycling communities. Failure to abide by traffic laws, if observed by the public, can be extremely detrimental to the team’s sponsors and may result in the revocation of all sponsorship benefits for the entire team.

Any member demonstrating a manifest unwillingness to meet this Code of Conduct will be subject to suspension or membership revocation from Team Natures Path Cycling Club.

Riding Guidelines

Safety is paramount to the enjoyment of cycling. Awareness and consideration of others are fundamental to ensuring a cycling environment that is safe and fun. It is the responsibility of each individual to practice safety in respect of their own actions, as well as to be friendly, courteous and respectful in their conduct towards other cyclists, motorists and road/trail users.

Personal Equipment

- **Helmet** – must meet approved safety standards and be worn on all rides.
- **Road worthiness** - bicycles and equipment must be maintained.
- **Carry a spare tube or tire, air and tools**
- **Identification** – including an emergency contact number, should be carried on the bicycle at all times.

Riding Etiquette & Conduct

- **Be predictable** - ride in a consistent manner. Do not swerve or change rate of travel unexpectedly.
- **Indicate** - learn accepted cycling hand signals and use them.
- **Call out hazards** - the rider in front is responsible for those following.
- **Keep an even pace** - do not brake or slow unexpectedly, be aware that there is a compounding effect to those following. Look ahead at what is happening on the road and anticipate the moves of the cyclists ahead of you.
- **Keep adequate distance** - avoid overlapping wheels. If your front wheel touches the rear wheel of the rider in front of you, you will fall. Ride defensively to stay safe.
- **Obey the rules of the road** – conduct yourself with the same consideration you would expect from any other road user, particularly motorists. Aggressive behavior and gestures by cyclists will alienate motorists and could lead to endangering other cyclists.

Stop at all red traffic lights and stop signs – When riding alone, obey the traffic signals and proceed when conditions permit. When riding in a group, do not cross an intersection unless you are sure that the whole group will be able to cross safely before the light changes. If the group inadvertently does become split at a traffic light or stop, the leading riders should then slow, or stop in a safe place, to enable the trailing riders to rejoin them.

Crossing major highways and uncontrolled intersections – At an uncontrolled intersection when riding alone, select a gap in traffic that will be safe and proceed with caution. The rules change when riding in a group. At an uncontrolled intersection or at a major highway, do NOT act individually. *The vehicle driver sees the group as one entity and expects it to act as one.* One individual should take charge, (the Ride Captain if present), directing everyone not to cross until there is a gap in traffic large enough for the entire group to safely cross the road. Acting in unison, the group should proceed, under the leader's direction, when safe to do so.

Do not hold up following traffic - Ride single file on single-lane and busy roads where motor vehicles are frequently passing. When overtaking slower riders or vehicular traffic do so in a prompt manner ensuring that you yourself are not impeding the free flow of other cyclists or motorists.

Bike skills - learn to handle your bike confidently in all situations. Attend bike handling skills training arranged by the Club or ask someone experienced to assist you. You should learn how to ride through corners, how to "bunny-hop" over obstacles, and what to do in when you bump into a fellow cyclist or when your front wheel connects with the rear wheel of the bike in front, etc.

Respect for other riders – Club members are expected to treat each other with respect. Any concerns with disruptive conduct or riding etiquette that have not been resolved should be discussed with your ride coordinator or any of the Club executives. Serious violations may result in expulsion from the Club.