

What is it?

Upright & In-Sight is a cycling safety project that the Warragul Cycling Club hopes will create awareness of local cyclists, foster respect and cooperation between cyclist and motorists, and educate and train cyclists about cycling skills and safe and legal bunch riding behaviour.

Our aims

- Increased awareness of local cycling and safety issues amongst both cyclists and motorists
- Respect and cooperation between cyclists, and between cyclist and motorists
- Education and training for cyclists, particularly bike skills and riding in a group
- To reduce accidents and injuries to cyclists

Our Target

The cycling safety interest group includes WCC members and other on-road recreational cyclists who hope to affect change and awareness of local cycling safety issues.

What are the local issues?

- Growth in cyclists and regular group bunch rides all year round and in all conditions
- Cyclists have a varied range of skills, fitness and experience
- Large cycling groups, sometimes long and wide on the road
- Cycling bunch riding more noticeable and perhaps a hindrance or annoyance to some motorists
- At times, cyclists disregard road rules perhaps because of group size, inexperience or others trying to keep up with the main group

How we'll make a difference

Ride Timetable: bunch rides defined by experience level so cyclists can choose rides within their capability

Code of Conduct: sets out basic rules, guidelines and road rules that we hope local cyclists will voluntarily adopt and adhere too. Available online, via Facebook, as laminated pocket-size cards, and provided to all new cyclists to the Club

Ride Captains - "Badgers": Trained ride captains to provide leadership on group rides, particularly to new or less experienced cyclists

Training: Provided to ride captains as well as a series of training for cyclists at advanced, intermediate and novice levels including specific skills such as bunch riding and racing

Reporting System: An Incident Reporting System developed at the Club to report any near misses and incidents. This data will provide a powerful tool about how to approach cycling safety, why incidents occur and as a way to advocate and lobby for funding and cycling infrastructure

Education: Partnerships with the Amy Gillett Foundation to raise awareness of how motorists can help improve cyclists safety through the "a metre matters" campaign

Why?

The WCC has seen a 100% increase in membership following significant interest in on-road cycling in recent years. But growth has also meant increasing incidents on the road including serious injuries.

What we think is important

- That WCC and other recreational on-road riders are proactive about safety and take a leadership role in promoting safety and legal cycling behaviour
- That cyclists have little influence over the behaviour of other roads users but we can take responsibility for how we behave on the road
- Creating a cooperative cycling environment where riders are trained and equipped with the best knowledge about their sport to increase participation and respect



Code of Conduct 2013

1. Ride safely and consider the safety of all other road users

- No matter how they behave

2. Obey the road laws at all times

- Do not cross unbroken lines
- Obey traffic lights, Stop and Give-way signs
- Ride no more than two abreast (max spacing 1.5mts) unless overtaking
- Must be in single file when overtaking two abreast riders
- Keep as far to the left as is practical

3. Ride safely and predictably with your fellow cyclists

- Hold your line and be respectful of other riders in the bunch
- Ride at a steady and consistent pace
- Do not overlap wheels
- Guide the pack when at the front. You are the eyes of the group.
- Provide early warning of hazards and potholes, giving them a wide berth and using clear hand-signals
- Call clearly if missing a turn
- Provide assistance to those in need (your turn will come)
- Verbally warn the group of approaching vehicles from the front or rear
- Follow the catch-up points and safety zones of the ride format as much as is practical
- Tri-bars are only allowed on 6am Tues, 6am Thurs and 7am/8am Sun rides
- Tri-bar cyclists must only use the "down" position when on the front

4. Be the properly equipped cyclist!

- Rear light at all times
- Front light in low light conditions
- Make sure your bike is well maintained
- Always carry a spare tube plus inflation device
- WCC highly recommend that you have club membership with cycling insurance
- WCC highly recommend that you have Victorian Ambulance membership

5. Recognize that WCC has designated 'Badger' Ride Captains to assist the ride

- If you need assistance or have and queries these people will help you.
- If you are not adhering to this code, they will ask you to.
- WCC ask that you respect their leadership within the group.



For more information on the **Upright and In-Sight** safety initiative contact:

The Secretary
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<http://warragulcyclingclub.org.au>

To read up to date information regarding the Upright and In-Sight safety initiative, browse to <http://tinyurl.com/meu29tu>

Partners:

Amy Gillett Foundation, Gippsland RoadSafe, Victoria Police, Baw Baw Shire Council.

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A Warragul Cycling Club Safety Initiative

