

## **Raas bikes social rides guidelines**

Hello dear friends of Raas bikes and other participants of our social rides. This document contains some guidelines to make our social rides safer and more enjoyable.

Our rides are non drop rides, this means that we wait when there is a flat, when the group brakes due to a traffic situation or any other situation.

The group has a group captain that has the lead during the ride. This person will inform the group about the route before we leave and will inform you about any specific situations on the route.

Every participant joins the ride on his own responsibility and is responsible for his own and others safety.

We respect the traffic rules! This means we stop for red light, zebra's etc. Also try to be friendly on the road, say hello to other riders and say thanks when cars gives yield to our group, this makes riding in a group much more fun.

### **Signals**

Riding in a group is the best thing ever! It helps a lot when we all know the signals and we all use them, not only the riders at the front of the group.

Tegen	-	Rider/car up, in opposite direction
Voor	-	rider, runner etc that we are going to pass
Achter	-	car back, traffic passing from the back
Stoppen	-	stopping
Paal	-	Watch the traffic pole in the road
Lek	-	flat

Use hand signals to indicate things that we pass during the ride. Point out objects and holes on the road. In het Nederlands roepen we over het algemeen maar wat, in het engels zijn we meer omschrijvend.

### **Routes**

The intention is to have a few standard routes for the Thursday night. Off course the captain can always do an other route. We leave at 7 and the shop will be open just before so you can fill your water bottle or drop your stuff. The routes will be shared later.

After the ride there is a possibility to have a coffee or a drink at the shop (at your own cost).

We try to have two groups on the Thursday night ride. The fast group averages 30+ km/h and the other group approx. 28 km/h. In the fast group there is always room for some sprinting or fast sections, just make this clear for the group where and when and make sure the complete group roles into Leiden together.

### **Communication**

Follow our social media and our WhatsApp group for information about rides, other Raas bikes events and latest updates.

At last some basics:

- Wearing a helmet is mandatory
- Click in pedals is mandatory
- TT bars are not allowed

Lets make this a great and safe cycling season!!

