

GICC General Guidance

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Contact: You can contact the club directly through our Instagram account <https://www.instagram.com/inclusivecycleclub> or via email at info@inclusivecycleclub.co.uk

The Club: Glasgow Inclusive Cycle Club (GICC) is queer-run, inclusive, cycle club based in Glasgow. We are a queer space which welcomes members of all race, gender, sex and background. Ranging from people who use a bike to commute or ride short distances, to longer range riders looking for regular group rides. Members are expected to have their own bike and be able to ride with confidence.

If you have never cycled before, or don't have a bike, you can find information on other clubs or organisations here: <https://inclusivecycleclub.co.uk/other-glasgow-clubs/>

Membership: GICC members are asked to fill out the **GICC Membership Registration and Health Questionnaire**, this is a requirement for new members prior to joining their first ride. This will enrol you as a member of the club. Members will gain **Core Members** status if they have attended at least 3 rides in the last 3 months. Core Members have the ability to vote in the AGM and Core member status lasts as long as the qualifying statement is true.

Insurance: Members are not covered by any formal insurance scheme. Although the club endeavours to ensure rider's safety, ultimately each member is responsible for their own safety and the safety of everyone else. GICC would encourage everyone to arrange their own appropriate bike and personal injury cover.

Programme: The Club's programme of rides will be available on our Spond page. We will typically ride every Saturday morning, with some additional midweek rides on a weather-dependent basis. Events are announced in advance, where possible we will try to give members as much notice. Our regular rides will be announced with 4 to 6 weeks' notice.

Attendance: Be prompt. Members are asked to click 'Attending' on Spond if they plan to join a ride or attend an event and click decline if they cannot attend a ride so that club leads can plan accordingly. Those who do not show their attendance intention may be refused access to the ride. If you can no longer attend a ride you have clicked 'Attending' for at short notice, contact the ride leader via Whatsapp or Spond messaging to let them know. Three no-shows, without prior contact by a member, is grounds for removal from the club.

GICC is a cycle club and as such members are expected to attend as often as they possibly can. This will differ between members. GICC organises club rides and not guided rides or touring cycles. It's also worth reminding members that we are a Cycle Club, and all members should consider training / building up confidence in their own time, especially for Half Measure and Full Send categories. This could be in the form of daily commuting, cycling for errands, dedicated training days or other forms of workouts.

Cancellation: Rides may be cancelled because of bad weather or other unavoidable reasons – this is the ride leader's decision. Members will be contacted over WhatsApp and a post put on the Spond entry for that ride. Please check our channels for information before setting off on your journey to the start point.

Safety: GICC and individual GICC Committee Members do not take responsibility for any damage to or loss of personal property while taking part in any events, rides or activities. We use a mixture of cycle lanes, shared paths, pavement and roads for our routes. The ride profile will be posted in advance of the start time, allowing members to check if they are comfortable with the route plan. GICC operates with a “No Helmet No Ride” stance, if you attend a ride without a helmet you can and will be turned away. This also applies to clothing, if you are not wearing appropriate clothing for a cycle you will be asked to leave the ride.

NB. It is imperative that everyone rides safely and acts courteously to all road users. Any Club member who persistently exhibits poor road sense and/or behaviours as deemed by the Club Leads may be dropped from GICC rides and membership revoked.

Keeping Contact on Rides: Try to keep visual contact with those immediately BEHIND you where possible. Wee Jaunt social rides will have a Sweeper towards the back of the group to keep an eye on any slower paced members. Half Measure and Full Send rides do not have a Sweeper and groups will ride as a traditional club pack.

If necessary (e.g. in case of a mechanical) contact the ride leader, message the club Whatsapp or get someone to ride forward or back for assistance. On our longer rides it is encouraged to have a ride computer, or be confident checking navigation with your phone. Basic puncture repair and bike maintenance is also required for Half Measure and Full Send rides, along with an emergency contact who can collect you if needed.

Refreshment: Not all rides will have a break for refreshment. Always carry at least one water bottle with you, and if it is a longer ride to bring a snack as well. Check with the ride leader if you are in doubt about rest stop arrangements. Factors such as weather, temperature and group size can dictate where and when stops are. Our rides are cycling club rides and not social outings for lunch, please keep this in mind when attending.

Pre-existing health conditions: Members who carry prescribed medication for use in an emergency must have completed the **GICC Membership Registration and Health Questionnaire** and inform the ride leader before the ride starts. ***Please mention any pre-existing health conditions that may affect you during the ride, even if no medication is currently prescribed.***

First Aid: Leaders may carry a first aid pack, but this is not a requirement. If a request for first aid is made, please make it clear the level of severity of the incident and required first aid response. An example would be: “Minor scrape, one rider involved, plaster(s) required.” Whichever member made the first aid request should meet the ride leader for that route and discuss the situation - even if the situation has resolved itself - to give them a full rundown of events. Requests for first aid can be declared via in-person calls/shouts or via the en-route whatsapp channel.

Accidents: In case of a non-trivial accident, information from the **GICC Membership Registration and Health Questionnaire** will be used to get in touch with the member’s emergency contact and any relevant medical history will be shared with paramedics/medical professionals if required. A member should stay with the injured party until help comes. The ride leader should make sure the injured person’s bike is as safe as possible until it can be collected. Each member’s emergency contact must be able to collect you and your personal items if something was to happen that required you to abandon the ride or event.

Clothing: Wear your usual cycling kit as appropriate for the weather, including waterproofs if required. Members are encouraged to check the weather before setting out, and take into account the time of

day for the ride – evening rides will get colder faster than day time rides. Wee Jaunt rides are usually 'Lycra free' rides however Half Measure and Full Send routes require more traditional cycle wear.

Repairs: Members should be self-sufficient in case of a puncture or simple mechanical issue, although ride leader(s) or other members may be able to assist you. Fortunately, issues are rare, but members should bring their own bicycle pump and repair kit or spare inner tube. It is not the responsibility of the club or its ride leads to repair mechanical issues. Before setting off for a ride, members should ensure they have an emergency contact or travel arrangement to get home other than cycling. GICC can arrange repair classes if required, please contact a ride leader to ask to be put on the list for the next class.

Mobile phones/Maps: The ride leader will carry a mobile phone (switched on!) and route maps but it is a good idea to carry your own so you know where to go if we are split up. Having the route is mandatory for Half Measure and Full Send rides. We ask that all members check the route, elevation, general direction and weather before attending rides.

Bike-maintenance tutorials on YouTube: You can learn how to keep your bike in good condition using online maintenance tutorials, which can save you money as you won't have to pay someone else to do it (though you may need to buy tools or parts if you don't have them).

- **Cycling UK** – The national cycling charity has a video on its YouTube channel showing how to do roadside repairs, including adjusting your brakes and gears, and how to fix a broken chain. There's also one on checks you should do before you set off.
- **Global Cycling Network** – A YouTube-based cycling site with slick how-to videos for just about every aspect of bike maintenance, from basics such as how to pump up tyres and how to fix a puncture to more advanced stuff such as how to fix squeaky brakes and how to deal with a broken spoke.

Road positioning:

Please watch this helpful video for more information

https://www.youtube.com/watch?time_continue=254&v=-CG0VTwevoU

This is important for member safety as well as the safety of the rest of the group. This is a crucial skill that should be prioritised by new and existing members.

GICC Ride Categories

GICC runs a range of routes and to give our members a better direction on what to expect we operate three ride categories to define them.

Wee Jaunt

Our short-range Social rides. Easy pace. No lycra required. Any bike.

These routes are short distances, typically 10-25 miles total, usually with a coffee stop halfway. Using mostly cycle and canal path, with minimal road sections. We try to only use quieter road sections where possible on these routes. These are normally run on the first weekend of the month.

Half Measure

Our standard Club Ride. Group riding in close proximity to others. Well-maintained bike.

These are the main rides in our programme. Typically 30-50 miles at the group's moderate pace. Mostly road cycling, expect a good workout. Members are expected to have the route to follow and know the Highway Code.

Full Send

Our toughest routes. Suitable for experienced road riders.

These are our longer, faster routes with lots of climbing. These are suitable for cyclists who like to cycle fast, climb up hills and earn their coffee stop. Members are expected to have the route to follow, and to take their turn on the front / rear of the pack. Pace is determined by the average of the group. This means slower riders will be asked to speed up, faster riders will be asked to pace themselves to the group.

Not all rides will suit everyone's ability level so it is important to check the route, elevation and distance on all rides before clicking attend on Spond. It is the responsibility of yourself and the group to look after each other via verbal communication and signalling on rides. This includes taking turns on the front and back of the pack for Full Send rides.

Members who choose to join a ride anywhere other than the start point listed in the route do so at their own risk. Club leads and ride leaders are not responsible for arranging a meeting point and you should be on the route early to avoid missing the club cycling past.

After the halfway point of all our rides, members will usually 'peel off' to head home rather than going back to the starting point. This is accepted and everyone doing this should inform the club leads or ride leader before doing so, and are encouraged to sign-off on the club's Whatsapp or Spond channels.

GICC Social Channels

Member Conduct on Social Channels

It's important to note that, as an inclusive cycle club, we have members from all walks of life in our Whatsapp group. Members are reminded that we expect a level of tact and decorum with the messages shared. We encourage the use of our Whatsapp group as a platform for engagement by our community, but also ask that members are mindful of the content that they choose to commit to these channels. There is no requirement to join the Whatsapp community and all important updates are communicated via Spond or email.

Muting Notifications

Individual channels, once joined, can be muted from our own Whatsapp application settings. We ask that members don't mute the entire group, as this may mean that you miss Announcement notifications. These Announcements are rarely used, averaging about one every 4-6 weeks to make our members aware of any important updates with the club.

Channels:

General Chat

This is where most club messages are posted. Intended as a platform where members can ask questions and look for information on rides and routes around Glasgow, or to ask the group for advice. A strong reminder that this is the most populated channel and messages are pushed to everyone, we'd ask members to keep messages on this channel to reasonable hours of the day (guidance is 8am to 8pm).

En Route

This channel is used before, during and after planned rides. This should be used if members are running late, sharing photos post-ride, or checking in with a mechanical and are requiring support.

Social Channel

This channel is intended to be used for non-bike events and meetups. Members are encouraged to use this channel for anything non-bike related, like meetups for coffee, nights out with club members or our own organised Social nights. This allows for all members to be included in the social scene within the club.

GICC Swap Shop

Our Swap Shop channel is a platform to share anything bike-related that you aren't using anymore and looking to send it to a better home. If you have bike clothes in good condition that you don't use, or have upgraded some bike tech and have spares that would just be going in the bin, throw it up onto the channel and someone might be able to use it. Strictly no cash trades.

Pro Cycling Chat

Where members can chat about the latest in Pro Cycling. No spoilers for race winners.

Recon Routes

This channel is used to discuss new routes pre- and post-recon. Here we weigh up the pro's and con's of potential new routes and new rollout sections after they've been scouted.

Majorca Planning

This channel is for the Majorca Club trip next May. Here members can share information on hotel and bike bookings, as well as post any questions they may have on routes and expectations.

