

AusCycling Group Ride Guidelines



1. Introduction

Group or bunch rides are organised rides where cyclists gather to ride together, typically at a social pace. They take place generally on paved and unpaved public roads and on mountain bike trails.

These rides can vary in size, often ranging from a small group to a larger peloton, and they may be organised by local cycling clubs, shops, or community groups. Group rides can be a great way to enjoy the sport, improve fitness, and connect with the cycling community.

Group rides are great addition to the activities of any club as they provide many benefits:

- **Social:** They provide an opportunity to meet other cyclists, share tips, and enjoy the camaraderie of riding together.
- **Training/Pacing:** Rides are usually structured to accommodate various skill levels, allowing participants to ride at a comfortable pace. Some rides may have designated faster and slower groups.
- **Safety:** Riding in a group can enhance safety, as cyclists are more visible to drivers and can look out for one another in the event of a crash or injury.
- **Support:** Many group rides include support from experienced riders who can assist new riders with mechanical issues or provide guidance on techniques and cycling etiquette.

2. AusCycling Requirements of Group Rides

AusCycling has a set of minimum standards for group rides designed to promote safety and enjoyment for all participants. An AusCycling club or coach may organise a group ride under the following conditions:

1. The group ride is conducted in line with the local authorities' requirements, which may include:
 - a. compliance with local road rules;
 - b. a maximum group size on a public road; and/or
 - c. permits, licences or access fees (e.g. for mountain bike trails).
2. The group ride is approved by the club and the club has appointed one or more ride leaders who will be responsible for the ride on behalf of the club.
3. The group ride is not a race. Group rides are not to include an element of competition, including first past-the-post or timed segments.
4. The ride leader must record the details of the group ride, including the date, time, location, ride leader/s and participants.
5. For rides with juniors (U17 and below) the total distance should be no more than 20% above the maximum road race distance.
6. The maximum ratio of Ride Leader to participants is 1:29 (including the Ride Leader). When determining the group size the following factors should be considered:
7. Weather and Visibility: In the case of limited visibility or weather conditions such as rain the ratio should be reduced.



8. Route / Terrain: Rides which are more technical or have significant elevation should reduce the ratio of Ride Leader to Participants.
9. Experience: The experience of the group should be considered when setting the ratio with higher ratios for more experienced riders.
10. The ride leader/s must report to AusCycling, by completing and submitting an [Incident Report Form](#), any incident that occurs during the group ride. An incident includes an injury to a ride participant and/or a crash involving a ride participant whether solo or involving a vehicle, pedestrian or other rider.

3. Membership and Insurance

While a group ride may include participants who are not members of AusCycling, ride organisers are encouraged to require participants to hold an AusCycling membership to ensure they have access to personal accident and public liability insurance coverage. Non-members participating are not eligible for access to AusCycling insurance.

AusCycling provides public liability, personal accident and professional indemnity insurance coverage for affiliated clubs and coaches that organise group rides, and for the appointed ride leader/s for a group ride, held in accordance with these Guidelines.

4. Ride Leader Course

There is no accreditation requirement to be a ride leader for a group ride however AusCycling strongly recommends ride leaders undertake the Road Ride Leader course if they are leading group rides on public roads.

The AusCycling Road Ride Leader course equips you with the skills and knowledge to confidently lead group rides of all sizes. This program is perfect for anyone who frequently finds themselves at the helm, fostering a positive and responsible riding environment.

Here's what you'll gain:

- **Master Bunch Riding Fundamentals:** Learn proven techniques for safe and efficient group riding, including communication, etiquette, and how to handle emergencies.
- **Effective Ride Planning:** Discover how to plan engaging routes, manage group dynamics, and make sure everyone has a fun and fulfilling ride.
- **Leadership Skills:** Develop the confidence and knowledge to make sound decisions and inspire fellow cyclists.
- **Confidence in All Conditions:** Gain the ability to handle unexpected situations and maintain a positive group atmosphere.

[Further Information: Ride Leader \(Road\) Course](#)

4.1. Other Considerations

Working With Children Check and First Aid: It is best practice for at least one participant to have a current First Aid accreditation (HLTAID011 or above).



Working With Children Check: If anyone under 18 (Junior) participates in the ride the Ride Leader and anyone who may be one-on-one with the junior participant must have a currently valid Working with Children Check (or equivalent).

Weather Considerations: All rides must follow the [AusCycling Extreme Weather Guide](#).

5. Other Resources

11. [Code of Conduct for the Training Cyclist](#)
12. [Sydney Cycling Club Bunch Riding Etiquette](#)
13. [Incident Report Form](#)
14. [Ride with GPS](#)
15. [Facebook Events](#)
16. [Bunchrides](#)
17. [Link my Ride](#)
18. [WhatsApp Group](#)
19. [Cycl](#)