



CHEPSTOW CYCLING CLUB

ROAD CYCLING GROUP FRAMEWORK



V2.1 30/01/2018

RIDE GROUPS

1. 3 Groups (descriptions on club website – to follow):
 - i. Fast Group
 - ii. Progressive Group
 - iii. Recreational Group
2. Each group will have nominated 'Squadron Leader' (SL). The role SL is to:
 - i. Coordinate activity with the other groups, if required
 - ii. Coordinate ride leaders within their group and identify ride leaders for each of the regular rides (see para 3). Facebook Messenger groups to be used for each group.
 - iii. Liaise with the committee
 - iv. Be a point of contact for any club members to discuss their group

REGULAR RIDES

3. The following regular rides will run every week as a minimum to provide club members with consistent ride options:

Saturday – Progressive Group, 0730 approx. 3 hours duration

Sunday – Progressive and Fast Groups, 0800 approx. 4-4½ hours duration (Recreational Group approx. 2 hours starting at Easter)

These rides will all start from the Chepstow Leisure Centre.

4. On the Sunday regular rides, coordinated coffee stop between the fast and progressive groups are strongly encouraged to provide a social element to the club rides. There may be the odd occasion when this is not practical e.g. inclement weather, or one group having a specific destination in mind, however stops should be planned where possible.
5. All routes should be posted on Facebook, no later than the Wednesday prior to the ride.



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OTHER RIDES

6. **Additional group rides** (e.g. Wednesday evenings or longer Saturday rides) can be planned on an ad-hoc basis for each group, but all rides must be posted on Facebook.
7. **Personal rides** - all club members are welcome (and encouraged) to post any rides which they are personally planning and would like company on. Personal rides which are not organised through group SL are not official club rides.

RIDE DISCIPLINE

8. All club rides will be conducted as a group, keeping together at all times where possible, regrouping on hills as necessary. Groups may further define their group policy; however, this must be made clear before the ride commences, particularly if there are riders new to that group.
9. All club rides must be conducted as per the club rules.