



OCTC Club Training Rides

4 October 2016

Cycling in Orange is booming and two of the most popular bunch rides, the **Saturday morning Coffee Ride** and the **Wednesday evening Dash** are becoming more and more popular. These rides are not organised or sanctioned by any of the cycling clubs in Orange. While the increase in popularity of these rides is fantastic, it has created a few safety and liability issues, including:

- the size of the bunches;
- mixed abilities/fitness levels in each bunch; and
- variable insurance status of each rider.

As a result, the Orange Cycling and Triathlon Club (OCTC) has decided to formalise these rides as **CLUB TRAINING RIDES**. OCTC was incorporated as a single entity in 1991 and incorporates two entities, the Cycle Club and the Triathlon Club, each affiliated with their own national bodies. There is a crossover of members between the two, as well as with a range of other cycling organisation, including MTBA, Bicycle NSW and Bicycle Network.

This decision has been the subject of extensive discussion within OCTC, the Orange Mountain Bike Club and the cycling community and is intended to:

- improve the safety for all riders;
- ensure that all riders have insurance and make sure licenced riders insurance is not jeopardised;
- encourage experienced riders to support those who are less experienced; and
- encourage new riders to join one of the local clubs and get involved in the fantastic range of events that are held.

In light of the above, **all riders on the above rides must be members of one of the following organisations from Wednesday 5 October**. There will be a two week grace period to allow uninsured riders to apply for insurance.

- Cycling Australia - Ride or Race membership (from \$45/year).
- Triathlon Australia (from \$130/year).
- MTB Australia (free 2 month trial, then from \$95/year).
- Bicycle Network (from \$125/year).
- Bicycle NSW (from \$115/year).

In addition, **each ride/bunch will have a ride captain**. This person will usually be an experienced rider whose role will be to:

- coordinate the departure and organisation of the bunch so that everyone has a safe and enjoyable ride;
- be a contact point for riders to ask questions or receive feedback;
- be a role model for appropriate cycling etiquette; and
- request unlicensed riders or those who are disrupting the bunch or riding in an unsafe manner to leave the bunch.

The Ride Captain will not incur liability for riders safety, with all riders responsible for their own safety

Finally, for those who are not aware, the arrangements for each of the club rides are as follows.

- **Saturday Coffee Ride**

- Departure - east side of Jack Brabham Park at 7:00am.
- Distance - approximately 56km. Plenty of options to turn short.
- Etiquette
 - Fastest bunch leaves first, followed by slower bunches.
 - Bunches generally less than 12 riders.
 - Slower bunches have a "no drop" policy.
- Coffee after - Bill Beans East Orange.

- **Wednesday Dash**

- Departure - east side of Jack Brabham Park at 6:00pm during Daylight Savings only.
- Distance - approximately 25km. As an out-and-back course, the distance can be cut.
- Etiquette
 - This is a hard paced training ride, swapping turns.
 - The number of bunches and average speed is determined by number of riders.
 - Bunches generally less than 12 riders.

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