

SANDYMOUNT DODDER WHEELERS



**MEMBERSHIP
BOOKLET**

We are

Sandymount

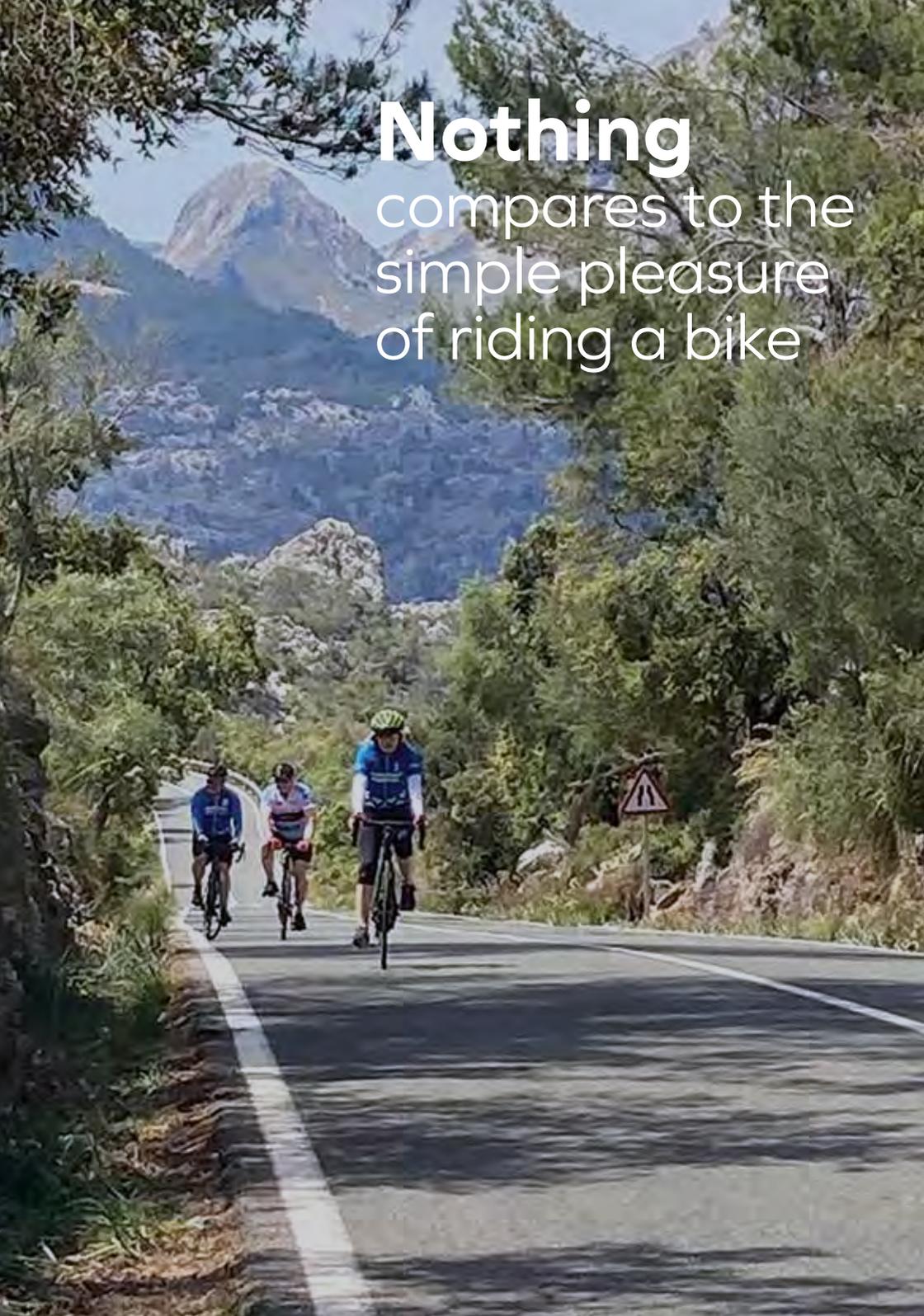
Dodder Wheelers

We are a thriving, vibrant and friendly local cycling club. Our vision is to unite people through an inclusive and universal activity and our mission is to inspire people to cycle, by making the sport more attractive thus improving the wellbeing of individuals.

We do this because we believe we can improve people's lives through cycling. In addition our club sponsor; Movement Fitness, are also there to help every member achieve their best, be it on or off the bike.

We welcome anyone from 18 upwards, regardless of their ability, from the casual weekend rider to the more committed enthusiast. At the heart of everything we do is a sense of camaraderie.

Nothing
compares to the
simple pleasure
of riding a bike

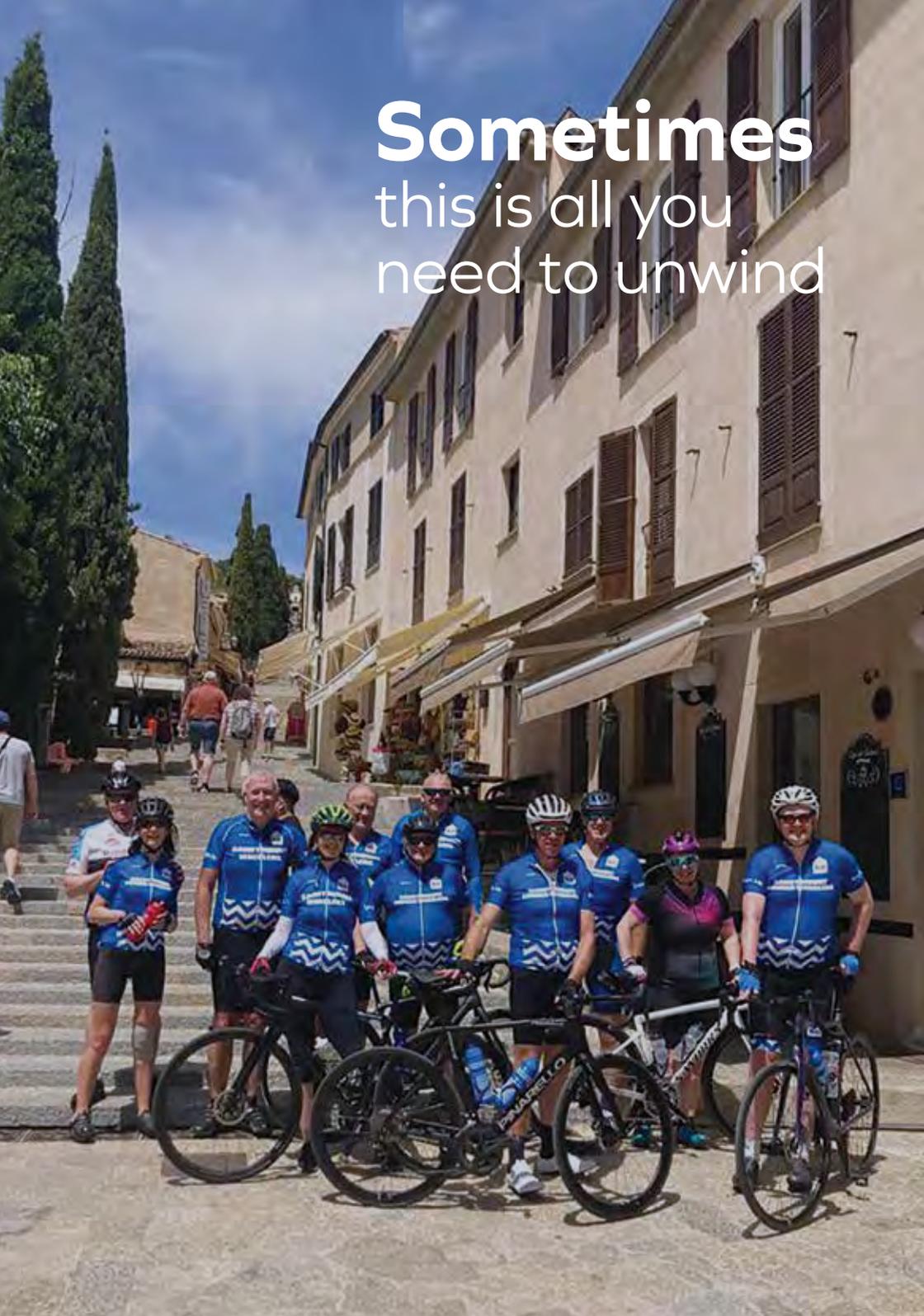


Sandymount Dodder Wheelers is a club with people and community at the heart of everything we do. Our meeting point is outside Bujo Burger opposite the green in the heart of Sandymount village. There are organised spins on Wednesdays, Thursdays, Saturdays and Sundays, each led by friendly, experienced club members who will make you feel welcome. Green spins are for beginners at a leisurely pace, blue is an intermediate pace and red tend to be longer and harder spins. Our aim is to alternate the terrain between flat and hills and adjust to the weather conditions with safety our number one priority.

<p>SANDYMOUNT DODDER WHEELERS</p> <p>GREEN GROUP PACE of UNDER 20kh</p>	<p>SANDYMOUNT DODDER WHEELERS</p> <p>BLUE GROUP PACE of 20kh - 22.5km</p>	<p>SANDYMOUNT DODDER WHEELERS</p> <p>YELLOW GROUP PACE of 22.5kh - 25km</p>
<p>SANDYMOUNT DODDER WHEELERS</p> <p>RED GROUP PACE of 25kh - 27.5km</p>	<p>SANDYMOUNT DODDER WHEELERS</p> <p>GOLD GROUP PACE of OVER 27.5kh</p>	<p>SANDYMOUNT DODDER WHEELERS</p> <p>SOCIAL GROUP</p>

Every weekend each ride goes out at a different time between 7:30am and 9:30am. The club spreadsheet will indicate the time each ride departs from Sandymount Green. The same also applies for the Wednesday and Thursday spins.

Sometimes
this is all you
need to unwind



Sandymount Dodder Wheelers Sportives

We enter sportives, arrange local events and aim to provide members with the opportunity to travel abroad with the club on an annual trip.

Some of the events we organise or take part in are:

- | | |
|------------------------------------|-----------|
| - Ride Dingle | April |
| - Orwell Randonne | April |
| - Lough Derg : Lap the Lake | May |
| - SDW Away Trip : Abroad | May |
| - Wicklow mountain challenge | May |
| - Ring of Beara | May |
| - Wicklow 200 | June |
| - Swords CC : Two county challenge | June |
| - Ring of Kerry | July |
| - Westsportif | July |
| - Lap the Lough | August |
| - SDW 50k, 100k & 150k | September |
| - Club Nominated Charity Cycle | September |
| - The Great Dublin Cycle | September |

In addition we have our weekly spins that run throughout the year depending on the weather conditions and availability of light.

Sandymount Dodder Wheelers Club Rules

We want all our members to enjoy their time out on the roads wearing the club colours. In order to achieve this, there are a small number of important rules that members should adhere to when on club-organised spins:

Preparing for the ride

- Members should ensure that their bikes and equipment are in a clean and roadworthy condition
- Members should ensure that they always wear a helmet
- Members should be aware of club spin etiquette
- Noting the range of cycles to accommodate various standards, members should be conscious of their ability in selecting a cycle. There is a degree of learning but members must learn from experience. If you are very much struggling in a cycle, you should discuss your situation with the leader early in the cycle and agree a plan
- Numbers in club organised cycles are limited to 12 while those organised separately through the open WhatsApp groups are limited to 6 people in a group
- Members should ensure they have adequate fuel and personal identification on any ride they undertake

On the bike

- Participants in group cycles must always obey the rules of the road and follow Cycling Ireland protocols
- Cyclists must show due respect to all road users
- All members must respect other members
- All members must respect the group leader who will ensure that these rules are adhered to while out on the road
- Members must always remember they are ambassadors of the club when on the road, regardless of whether they are wearing the kit or not
- We are an enjoyment-oriented club. We cycle because we love it

Club WhatsApp Group

- Members must not post anything in social media that could cause offence to other members
- Users of the open WhatsApp groups need to bear in mind the number of participants and please limit the number of photos shared to two
- It is accepted that photographs taken during a cycle are taken with the consent of participants. If, for whatever reason, you prefer not to be 'snapped', please inform those taking the photos
- You must be a member of the club to have access to the group

Club Membership

Membership of Sandymount Dodder Wheelers is €25 and all members must join Cycling Ireland and then apply to join our club through the cycling Ireland website as per their regulations. Before joining your first spin you must attend a club organised safety initiation which are held regularly.

Club Cycling Checklist

Helmet should be certified CE 1065 and ideally changed after 5 years of constant use. It definitely must be changed if it has been struck with force e.g. during a fall.

Your helmet should fit snugly on your head with the front section just above your eyebrows. Use the dial to the rear to tighten your helmet in place. The strap should fit comfortably under your chin. Keep it loose to allow you put your finger between it and your skin but not loose enough to come off your chin. Make sure that the side buckles are positioned just under your ears. This keeps your helmet from tilting.

Equipment that every cyclist MUST have:

- Pump & Multi Tool
- 2 spare tubes
- Adequate food supplies and 2 water bottles
- Money & Phone

- Some form of identification. Also, in the event of an emergency, details of your next of kin will be contacted. These details have been previously supplied by you and are stored on the Cycling Ireland Database
- Suitable clothing

Importance of communicating/calling when cycling in a group scenario:

- Verbal and non-verbal signals are extremely important
- The front of the group must communicate with the back of the group and vice versa
- **CALL** "Slowing" usually accompanied by a hand signal to indicate that the cyclist or cyclists are slowing down for some reason. For example, approaching a signal-controlled junction
- **CALL** "Stopping" usually accompanied by a hand signal to indicate that the cyclist or cyclists are stopping for some reason. For example, approaching a signal-controlled junction
- **CALL** "Wait" typically at a junction to indicate there is a car coming or that it is unsafe to proceed
- **CALL** "Clear" to indicate that a junction is traffic free or that it is safe to proceed. N.B. Cyclist must always check for themselves and not rely solely on others
- **CALL** "Single Out or Single File" to instruct cyclists to get into single file
- **CALL** "Car Up" to warn cyclists that a car is approaching from the rear of the group. Cyclists should be prepared to single out if riding two abreast to accommodate the car(s) moving through
- **CALL** "Car Down" to warn cyclists that a car is approaching from the front of the group. Cyclists should be prepared to single out if riding two abreast to accommodate the car(s) coming down, particularly on narrow rural roads.
- **CALL** "Rider Up" to warn cyclist(s) that the cyclist(s) behind intend to pass. Cyclists should be prepared to move over or single out to accommodate the cyclist(s) coming through
- **CALL** "Walker Up/Down" to warn cyclist(s) of pedestrians

Non verbal or hand/arm signalling

- **SLOWING** : Raise your arm, move up and down
- **STOPPING** : Raise your arm, open palm
- **MOVE OUT** : Bring hand behind the back (left or right depending on which side the obstruction is on) and wave or point behind back indicating that there is an obstruction such as a parked car or pedestrian, etc. Cyclists should move in the direction indicated to avoid the obstruction
- **POTHOLE OR HAZARD** : Extend arm (left or right depending on which side the hazard is on) pointing down at the road, to point out hazards such as pot holes, manhole covers etc. In the event of a pothole, cyclist should shout "Hole" while pointing towards the hazard
- **COME THROUGH** : Hands on the handlebars, flick your left or right elbow away from your body. Flick the elbow on the side that the following cyclists will come through on
- **PUNCTURE** : Raise your hand, stop pedalling and hold in a straight line until everyone has passed. When all the cyclists are ahead, it is safe to pull over
- **GLASS OR LOOSE GRAVEL OR UNEVEN GROUND** : Extend arm (left or right depending on which side the hazard is on) with hand open and palm facing the ground. Move hand left and right to indicate gravel or uneven ground, etc.

Advantages and considerations of group riding 2 abreast

- Smaller length of group on road compared to one long line
- You can own the road better / cars will overtake with more space
- Shelter! You can save a lot of energy sitting behind one cyclist?
- Everyone gets to do a bit of work and then get a bit of rest. Group size very important. Remember 8 -10 maximum
- More sociable. You get to talk to someone different
- Stay in your line. On the way up and on the way down
- Don't let gaps appear; keep at least max wheel diameter to the cyclist in front of you. If you let a gap appear, you will be dropped.

- No half wheeling
- When going up and over, look over your left shoulder
- When going up and over, don't go too hard; it should be gradual
- If you are struggling, don't spend long on the front, or else keep to the back

Singling Out - How and When?

- Outside line drop back one cyclist and in; It is easier to drop back and in than to accelerate and up and over
- It is very important to look over left shoulder and point that you are moving in front of inside cyclist
- For inside cyclists, make sure you leave space for outside cyclist to move in. Guide them in
- Double up again when safe and clear. Move out and back up to where you were originally

Single out when:

Traffic is building up behind; it is common road courtesy and reduces the chance of someone taking a chance to overtake cars and the group in a busy area such as a town or village. Use your common sense; if you feel it's a dangerous situation then single the group out.

N.B. Never encourage or signal a car to overtake the group as it is the driver's responsibility, not yours!

When looking over your shoulder or behind you:

- It's important to be able to look behind safely without wobbling
- Get right up out of the saddle and forward and lean on bars
- If looking over your left shoulder, lift your left knee/pedal up and look over left side
- If looking over your right shoulder, lift right knee/pedal up and look over right side

Bicycle Check

- Saddle secure and at correct angle and height
- Seat post clamp securely fitted, quick release is tight
- No play in the headset and handle-bars move freely
- Brakes securely fitted, no excessive wear on the brake pads
- Brakes working correctly. Check front and back brakes
- Axle nuts and quick release are tight front and rear
- Tyres not worn, sufficiently inflated
- No missing or loose spokes
- Wheel spins freely and runs true (Front and Rear).
- Front dérailleur works correctly and changes smoothly
- Rear dérailleur works correctly and changes smoothly
- Pedals spin freely, no play in the pedals
- Crank spins freely, no play in the crank
- Frame free from rust, damage and cracks

Summary

- Keep the groups small
- Make sure that you know the basics of group riding before going on a club spin
- Learn the signals, both verbal and non-verbal
- Be sure that your bike is road-worthy and that you have appropriate clothing, food, drink and other equipment with you.
- Practise the basic skills with other cyclists in a safe location whenever you can

ENJOY & BE SAFE

For further information on safety, contact Aidan Hammond in Bike Fitting Ireland. <https://bikefittingireland.com/> or call (01) 276 5715

See our website for our club constitution and governance:
<https://www.sandymountdodderwheelers.ie/governance/>

POWERED BY

MOVEMENT

FITNESS



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