

NMTS Policy

Topic: Rider Responsibilities and Etiquette

Date: November 2010, Revised March 2018

Policy:

- All cyclists must:
 - Wear a CSPC, SNELL, or ANSI approved helmet.
 - Obey state and city traffic laws as they pertain to cyclists.
- Cyclists should have the appropriate equipment. This includes:
 - Ample water (a water bottle per hour as a rule of thumb) and snacks.
 - Basic repair kit, including a spare tube and a pump or CO2 inflator.
 - Sunscreen and sunglasses.
 - Identification (driver's license), medical insurance card, and emergency contact information.
 - Rain gear, gloves, thermal garments, tights as the weather demands.
 - Cell phone or change for a phone call.
 - Head and tail lights, if riding after sunset or in inclement weather conditions.
 - First Aid Kit.
- Cyclists should arrive at the ride start location with sufficient time (about 10 minutes) to be ready to ride at the advertised start time.
- Before the start, a cyclist should advise the leader if he/she will not complete the ride or will deviate from the designated route.
- Cyclists should comply with the announced ride guidelines, such as pace, re-group points, etc. If a deviation from the ride guidelines is desired, the cyclist should coordinate in advance with the ride leader.
- Cyclists should:
 - Signal intentions to other cyclists if planning to unexpectedly change riding behavior (turning, slowing, stopping, passing, etc.).
 - Warn other cyclists of road debris or, when in the rear, warn lead cyclists of motorists approaching from behind.
 - Help others with mechanical problems.
 - Treat motorists and fellow cyclists with respect and courtesy.
- If you are in an accident and desire to utilize the NMTS League of American Bicyclists insurance for Participant Accident Coverage contact the NMTS President to obtain guidance on how to submit an accident report and a claim.