

Portadown Cycling Club - Membership Application Form

Name: Signature:

I have read and understand the Rules and Etiquette on page 2 of this application

Address:

.....

..... Post Code:

Home Tel: Mobile No:

Date of Birth: email address:

Name: (Proposed By) (Full member of PCC)

Name: (Seconded By)(Full member of PCC)

Medical Information:

Note:- If you have any concerns about your participation in cycling or other physical activity, please consult your GP.

Please state the name and contact details of the person who should be contacted in case of an Accident or Emergency:-

Emergency Contact Name..... Telephone Nr.....

Please declare any medical conditions you feel we need to be aware of (e.g. Asthma, epilepsy, diabetes etc):-

Portadown Cycling Club is committed to catering for all levels and abilities. In order for us to best accommodate you, please tick one of the following which best describes your current level of cycling proficiency (Be honest!):

- Totally new to cycling
- Novice (capable of cycling up to 20 miles without stopping)
- Intermediate (capable of cycling up to 40 miles at a reasonable pace)
- Experienced (capable of cycling over 40 miles in a group at a reasonable pace)

Rules & Etiquette:

- Safety 1st - Remember, tarmac is harder than you!
- You must wear a helmet on all club runs. **NO HELMET, NO CYCLE!**
- Obey traffic signs and signals, point out and call out any road hazards ahead. This is particularly important in a group of riders, as those at the back often can't see oncoming traffic or road hazards.
- If road conditions permit groups normally ride two abreast. Remember that TWO is the limit, single out if necessary to stay safe and avoid holding up other traffic.
- When the riders on the front of the group want a break, there are 3 options:
 - the inside line slows to let the whole group rotate one position anti-clockwise
 - the riders on the front single out and allow the group to pass
 - if road conditions permit, the riders on the front may separate to allow the group to ride between them. (If you're struggling to keep up, stay at the back of the group).
- Carry basic tools, at least a pump, spare tubes and a mobile phone.
- Experienced riders sometimes ride very close together; don't panic if the rider next to you bumps bars or shoulders
- Shout and signal if you intend to move out or stop.
- Don't overlap wheels, if you contact the wheel in front you will probably come off, along with anyone behind you.
- When climbing hills, avoid following a wheel too closely, some riders move back when they get out of the saddle.
- "Half wheeling" is when one rider pushes the pace a little harder and moves slightly ahead of their riding partner. If you're on the front and the pace is too fast, take a break (and ignore any sarcasm!)
- In a group of cyclists there's always an element of competition, whether it's a town sign or the top of a hill - it's up to you, but remember to hold your line!
- Maintain your bike. A badly maintained bike will let you down when you're furthest from home, and could cause an accident.
- When cycling in a group, be mindful and considerate of others around you.
- Cycling Ireland insurance is a mandatory requirement of membership of Portadown Cycling Club. This is included as part of your Cycling Ireland Membership.

Completed application forms, together with subscription monies, should be returned to Davy Tennyson or Kerry Giffin.

Membership applications will be considered at the next Committee Meeting following receipt of the application and the proposed will be advised immediately thereafter as to whether they have been successful or not.

DECISIONS TAKEN BY THE COMMITTEE WILL BE FINAL