



KCC Guidelines for Club Road Leisure Spins

(For leaders and riders)

- Choose the right spin (Group Speeds and Distances are notified in advance, check with the ride leader if unsure).
- The leisure officer will add riders to the whatsapp group chats. Ride leaders will post any updates on route details to the group chat.
- Basic equipment should be carried at all times including rear light, tube, levers and pump.
- Sunday spins are leisure endurance spins. If you are on a training plan, intensity efforts should to be done during the week or before/after the Sunday spin.
- The group that leaves the clubhouse all stay together until the end of the ride. Every group is a “wait” group. Pace will be managed by the ride leader to ensure no one gets left behind.
- If a rider is joining the club ride at a location other than the clubhouse they must inform the ride leader.
- If a rider is leaving the spin early they should notify the ride leader.
- If a rider gets a mechanical, make the ride leader aware immediately and arrangements will be made.