



**Glasgow Green Cycle Club  
Membership Application Form 2024**

Name: .....

Signature: .....

\*I have read and understand the Rules and Etiquette on page 2 of this application. \* Please tick

Address: .....

..... Post Code: .....

Date of Birth: ...../...../.....

Home Tel: .....

Mobile No: .....

Email address: .....

Have you been a member of another cycling club? YES (Name.....) NO

Do you have any medical conditions (in case of emergency)? .....

Next of Kin: ..... Emergency contact number: .....

Please state your level of experience; eg. ....

3<sup>rd</sup> Party Insurance details: British Cycling  CTC  Other: .....

Notes:

The completed form should be emailed into [team@glasgowgreencycleclub.co.uk](mailto:team@glasgowgreencycleclub.co.uk) OR passed to an official of the club prior to your first ride.

Annual subscription of **£20** per member – this is payable after completing 2 rides with GGCC

All membership payments are to be made via bank or paypal. Membership is to be paid in January of the calendar year. If you join after the 1<sup>st</sup> of November, the fee till the end of the year will be £20 but that will also include your membership for the following year.

**Glasgow Green Cycle Club accepts no liability for any loss or injury resulting from participation in club events or activities. 3rd party insurance cover is a mandatory requirement of membership and is available through British Cycling or The Cyclists Touring Club (CTC).**

[www.glasgowgreencycleclub.co.uk](http://www.glasgowgreencycleclub.co.uk)

email: [theteam@glasgowgreencycleclub.co.uk](mailto:theteam@glasgowgreencycleclub.co.uk)

Notes on Membership:

Before you pay your annual membership fee, we ask that you join us on at least 2 club runs. This gives you the opportunity to meet club members and decide if Glasgow Green Cycle Club is the club for you.

\*\*Member payments are to be made online either via PayPal or online banking. Full details will be provided after your first club ride.



## **Glasgow Green Cycle Club**

### Rules & Etiquette:

Ø Be Safe and Have Fun!!!

Ø A helmet must be always worn on every GGCC club run or event. NO HELMET NO RIDE

Ø Please 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.

Ø 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.

Ø When the riders on the front of the group want a break, there are 2 options:

- o the inside line slows to let the whole group rotate one position anti-clockwise

- o the riders on the front single out and allow the group to pass

\* If you're struggling to keep up, please ask those around you to ease up

Ø Carry basic tools, at least a pump, spare tubes and a mobile phone.

Ø Experienced riders sometimes ride very close together; don't panic if the rider next to you bumps bars or shoulders.

Ø Shout and signal if you intend to move out or stop.

Ø Don't overlap wheels, if you contact the wheel in front you will probably come off, along with anyone behind you.

Ø When climbing hills, avoid following a wheel too closely, some riders move back when they get out of the saddle.

Ø "Half wheeling" is when one rider pushes the pace a little harder and moves slightly ahead of their riding partner. If you are on the front and the pace is too fast, take a break

Ø 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!

Ø Maintain your bike. A badly maintained bike will let you down when you're furthest from home and could cause an accident.

Ø 3rd party insurance will be a mandatory requirement of membership within GGCC. Insurance is available as part of the membership of the CTC or British Cycling. This protects you against claims from others and vice versa. Glasgow Green Cycle Club will be offering affiliated membership to Scottish/British Cycling.