**Tandem Trekkers Code of Conduct**

Our Membership and Code of Conduct will be reviewed annually. Compliance with the Code of Conduct is an essential part of being a member of Tandem Trekkers.

1. Demonstrate respect and courtesy for others and behave in a responsible manner.
2. Be prepared for tandem rides – we suggest, own water in suitable water bottle, cycle helmet and small rucksack to carry own essentials.
3. Dress appropriately for the activity – e.g., padded cycle shorts under slim leggings, waterproof/wind proof jacket, cycle gloves in colder weather, trainers/boots with ridged sole and laces tucked in.
4. Cycle helmets must be worn – any rider without a helmet will be unable to ride (we have a supply a cycle helmets for those who do not have their own, but advise that regular riders purchase a helmet at their earliest opportunity).
5. Stokers must pay their subscription, currently £5, for each ride prior to or just after each session into the Tandem Trekkers bank account.
6. During a ride, pay attention to and adhere to designated ride leader’s instructions and follow the Highway Code.
7. Tandem Trekkers Risk and Ride Assessments and Policies must be always adhered to, these documents are available at https//tandemtrekkers.org.uk