

C.C.ASHWELL GO-RIDE 2010

HOUSE RULES

- 1 PLEASE LISTEN CAREFULLY TO THE COACHES.**
- 2 NO TALKING WHEN INSTRUCTIONS AND DIRECTIONS ARE GIVEN.**
- 3 RESPECT YOUR FELLOW RIDERS AND YOUR EQUIPMENT**
- 4 NO WHEELIES, SKIDS OR OTHER TRICKS PLEASE.**
- 5 NO CYCLING WITHOUT A HELMET.**
- 6 TELL THE COACH ABOUT ANY RECENT INJURY WHICH COULD AFFECT YOUR ABILITY TO CYCLE.**
- 7 PLEASE REMEMBER TO BRING INHALERS TO ALL CYCLING SESSIONS.**
- 8 ANYTHING I HAVE MISSED HERE WHICH YOU WOULD LIKE AS A RULE?**