

gettothecoast.co.uk ltd
ALCOHOL POLICY

General objective of gettothecoast.co.uk ltd

The general objective of gettothecoast.co.uk ltd ('gttc') is to promote cycle riding which is safe and enjoyable. This is principally promoted in our general rules being 'stick together' 'do not split up' and 'no-one gets left behind'.

Observance of the general rules will help to ensure that everyone reaches the end of the ride safely.

We also expect all ride participants to follow the rules of the road and in particular to ride sensibly and with respect for the safety of other road users. This includes using the roads in a manner which precludes riding under influence of alcohol or other substances to the extent to which these might impact upon safety.

Specific issues arising from rides where alcohol may be taken

In course of some rides it is anticipated that alcohol may be taken in course of refreshment breaks.

In such circumstances care should be taken not to consume alcohol to the extent to which your cycling capability is impaired.

General guidance in relation to taking of alcohol

In general terms alcohol should not be taken to the extent to which it would render you incapable safely and legally to drive a vehicle.

For most people this would limit consumption of alcohol to two pints of beer or similar. If you are of large build this may be slightly an underestimate; if you are slight then two pints may be too much.

Alcohol consumption affects reaction times, causes disinhibition and also an ability to properly manage, steer and control a bicycle. Research conducted for the Transport Research Laboratory in 2009, entitled 'Collisions Involving Pedal Cyclists on Britain's Roads: Establishing the Causes', revealed that intoxicated cyclists appear to be 10 times more at risk of injury than sober cyclists.

<https://www.cyclinguk.org/cycle/many-speeds>
Paul Kitson 2015

Incidental and further background discussion can be found here:

<https://cyclingtips.com/2016/11/how-bad-is-alcohol-for-cyclists-really/>

<https://semiprocyling.com/alcohol-and-cycling-performance>

Specific rules in relation to excessive alcohol consumption

gttc will exclude from our rides anyone found to be consuming or to have consumed alcohol to the extent to which it might impact upon the safety of the ride for her/himself or others.

Any decision in this regard shall be in the hands of the Ride Leader whose decision shall be final.

Sanctions for exclusion may include refusal to permit carriage in the van of the excluded participant and or any bicycle but such refusal shall only be as a last resort. We will still endeavour to observe the general rules of gttc so as to ensure as far as possible that everyone has an enjoyable ride.