Cycling with COTA Victoria

he 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. We choose the route early during the week according to the weather, and we will communicate it by email to riders. The 2nd and 4th Wednesday rides are more challenging (50- 60km), and various riders will be leading them.

Leaders of rides are registered COTA Victoria volunteers.

We generally meet at **10 am**at the 'Place to meet' (see the ride schedule). Then, we find a coffee shop around mid-morning. Finally, we take our lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature during the day is 30°C or above, the long rides will be cut short.

Any changes to the schedule, including cancelling the ride, we will notify it by email before 8 pm the night before. So please check your email on Tuesday night after 8 pm.

Please get in touch with Cathy Mead byemail at[**clmead51@gmail.com**](mailto:clmead51@gmail.com) orphone**at 0412688930**to discuss details.

We request all riders to join COTA. For more information call 9655 2100 or visit COTA Victoria website [www.cotavic.org.au](https://www.cotavic.org.au/get-involved/become-a-member/)

# Safety when riding

Riders should note that they participate in the rides at their own risk and are solely responsible for their safety and well-being at all times. Riders are also responsible for their property while on a ride, and COTA Victoria does not accept responsibility for any loss or damage to this property.

We encourage all riders to take a bike insurance policy that covers personal injury and third party liability, such as from the Bicycle Network ([www.bicyclenetwork.org.au](http://www.bicyclenetwork.org.au)) or Cycling Australia ([membership.cycling.org.au](http://membership.cycling.org.au/)).

COTA Victoria expects that riders will obey the applicable road rules while riding with the group. A copy of the Victorian Law Foundation's booklet 'Bike Law' is available at [www.victorialawfoundation.org.au/publications](http://www.victorialawfoundation.org.au/publications)or can be provided in hard copy by COTA Victoria.

# Your health

If you are unsure about your fitness to take part in rides, you could consider seeking medical advice. You might also like to consider carrying a medical card with you if you have a pre-existing medical condition. If you have a medical condition, think about whether it is advisable to inform the ride leader.

# Privacy and collection of your personal information

By providing COTA Victoria with your personal information requested in the Registration Form, you agree that COTA Victoria may collect, use and disclose it to comply with legal obligations and administer the rides. COTA Victoria may also use your personal information to tell you about other COTA Victoria events, programs, activities and services that we offer.

If you have any concerns or questions, email us at [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au) or see our Privacy Policy at <https://www.cotavic.org.au/about/cota-victoria-privacy-statement/>