



## **BCN 10 Golden Rules**

- 1. No Helmet No Ride.**
- 2. No distractions. No headphones. We need to be able to hear each other.**
- 3. Communicate both verbally and visually. Pay attention to your surroundings. Call & point out dangerous obstacles in the road, such as potholes, debris, and sharp objects like glass.**
- 4. Do not overlap wheels.**
- 5. No dangerous riding or stunts while in the group.**
- 6. No close passes. Keep a 1.5-meter gap between you and stationary vehicles/other riders when passing.**
- 7. Do not jump red lights.**
- 8. Do not use abusive language towards other riders or members of the club and the public.**
- 9. Do not spit or perform a 'snot-rocket' while in the group.**
- 10. No littering. Keep your rubbish with you.**