

Ride Leader Guidelines

Before the Ride:

If you find you can't make your own ride, please make every attempt to find a substitute. If you can't, feel free to call the road captain, who may be able to assist.

Consider lining up a co-leader, if there are indications that one might be needed.

Things to Bring to the Ride:

Sign in sheets. Every rider on the ride should sign in and list an emergency number (**not 911**) in the event of a mishap.

Floor Pump

First Aid Kit

Route Maps – if appropriate

Club Membership Forms

Safe Group Riding Skills Handout-to give to first time riders with the club

Annual Ride Roster for anyone who wants them.

Nice Extras for those who forget: A water bottle, extra helmet, patch kit, tube

At the Start-Point:

Assess the group—are there riders who seem inexperienced or who may have trouble keeping up?

Riders who may outpace the group? Do all the riders have the appropriate gear and supplies (helmets are REQUIRED; you may also want to check to make sure folks have water, rain-gear, etc.) Take some time to chat with the new riders to get a sense of their group riding skills, pace capacity.

Will you need a co-leader or sweep for the ride? Designate someone as appropriate.

Do introductions if there are new riders; review signals, verbal cues if necessary.

State the ride tone and norms (recreational, social, typical pace, pace line etiquette, drop or no-drop policy)

Review the route – ID any potential known hazards, identify the regroup points if any.

Introduce your co-leader/sweep and lead rider if appropriate

Find out if any riders are carrying cell phones

Make sure riders know to inform you if they decide to leave the group.

During the Ride

Check in with the weaker riders occasionally to make sure they are doing OK. Offer short-cuts if needed and possible.

Watch out for unsafe riding behavior that endangers other riders, i.e. failure to heed the "car back" warning, weaving, etc.

Monitor the pace – if pace-creep is occurring, check-in with folks at a rest stop to make sure they are doing OK with it.

Make sure no one gets dropped and left to straggle back to the start point alone.

After the Ride

Check in with any new riders to see how the ride went for them; give them a club membership form if they are not yet members and explain the club policy about non-member participation in rides (once is OK; after that you must be a member for insurance coverage.)

Add any comments you'd like to the back of the sign in sheet and mail to the address given at the bottom of the page (or bring to a club meeting).

Any 'OI Time

Feel free to contact the Road Captain with questions or comments or ideas for club activities.

Thank you for your interest and willingness to be a CBC Ride Leader.

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