

RIDE LEADER GUIDELINES

Take With You:

1. Membership form & pen. Maps or other directions for riders.
2. Although every participant is required to be self-sufficient, just in case, take with you repair equipment, such as patch kit, pump, spare tube, tools. Basic first aid equipment such as band-aids, first aid cream, etc.
3. Cellular phone if you have one.

Prepare for the Ride:

1. Be familiar with the ride route. Make note of potential hazards: heavy traffic, construction, etc.
2. Prepare for a verbal description of the route so riders can follow the route. Include appropriate regroup points along the route. Remember that Leisure and Social riders (Casual, Touring) will require more regroup and rest stops while keen and advanced Riders will not.

Day of the Ride:

1. Arrive at the meeting point 15 to 20 minutes early. If you must cancel the ride for some reason, have someone or yourself go to the meeting point to inform riders that the ride is canceled. If you cannot lead the ride, try to find a substitute. If you cannot find a substitute, have someone at the meeting point inform riders and appoint a substitute Ride Leader.
2. Divide large groups in smaller units (i.e. no more than 8 cyclists) and look for one or more assistant.
3. Introduce yourself, give a brief description of the ride, review the pace and difficulty. Describe the location of the regroup points. Review known hazards on the route.
4. Only VCB's-membership can participate on VCB Scheduled Rides or other "impromptu" rides. Note for an "impromptu ride" to be officially sanctioned, notice must be sent to the Rides Captain **before** the ride.
5. Non-Velo Cape Breton members wanting to participate will be asked to fill-out a Membership Form (sign the Waiver) and pay a twoonie.
6. Way before the ride gets underway, have riders inspect their own bikes for any mechanical problems and make repairs if possible before the starting time of the ride.
7. Remind riders that bicycles are vehicles, and everyone is required to observe all traffic regulations for their own safety and the safety of the group. Participants are also required to make their own decision for their own safety; this means stopping at stop-signs and red lights, using hand signals, and riding single-file on the right side of the road. Emphasize safety.

During the Ride:

1. Follow the route plan. Lead the ride as advertised on the official Schedule or as per corrections advertised in the eNewsletter. If you change route or regroup points, make certain that all riders are aware of the change/s. Do not change pacing or difficulty,

unless all riders agree. If your class of ride waits for stragglers, wait for them. In certain cases, form a group for faster riders and assign a Ride Leader; optionally suggest a longer and/or more difficult route for them.

2. Enforce good riding practice. Be polite but firm. You may ask someone to leave the ride, if necessary (unsafe riding practices).
3. Keep track of all riders. If there is a physical or mechanical problem, solve it before continuing the ride. **DO NOT EVER ABANDON A RIDER.** Get medical help if necessary.

After the Ride:

1. Account for all riders. Thank them and ask for comments on the ride. Report incident(s) to Rides Captain. Ride leading is the backbone of the club. It is your willingness to lead rides that supports and promotes our primary purpose: enjoyable bike rides.

Always remember that people appreciate what you do.