



Probuc Club of Blue Mountain Cycling Group – Ride leader Guidelines

Pre Ride

- The RL should reconnoiter the proposed route(s), preferably within a week before their ride, to confirm road conditions, construction etc.
- A well-defined description of each ride should include suggested A and B ride classifications and others if planned.
- An 'alternate leader' should be selected for the group(s) that the overall ride leader(RL) is not leading in order to have both A, B and other groups (if planned) covered
- Receive:
 - the two fully stocked bandage kits from the RL of the week prior
 - Receive a blank copy of an incident report in case it is needed
 - blank copies of waivers for Probuc members not signed up and for guests who arrive for the ride
 - Receive the contact list with member and emergency contact information
 - Will be distributed, by email to the RLs by the committee
- It is the RL's call if a ride should be canceled due to weather. A warning email should be sent on the Monday night if the forecast is bad, however, a cancel ride notice should be sent before 7am the day of the ride.

Ride Groups

- Generally, the riders are split into two main classifications depending on their cycling skill and comfort level. The RL should be able to assist with advice if a rider needs help selecting a group.
- 'A' Riders must be comfortable cycling for 1.5 hours at average speed of 20km/hr (including some elevation changes)
- 'B' Riders comfortable averaging 17km/hr.

Post Ride

- Hand over the bandage kit to the following week's RL. If the kit was used, it should be restocked
- If there was a serious injury or loss, ensure an incident report has been filled out and return it, within 48 hours, to the ride group coordinator who will make sure that the President gets a copy.
 - Pictures should be forwarded via email

General Guidelines

- Be at the designated start point 15 minutes prior to start.
- Work with the riders to sort out the groups. Make sure everyone is aware of the different ride levels, the average speed as well as the type of road surface and elevation changes
- It is critical to help people ensure that they are in the right group.
- Once the ride groups (A and B and other, if planned) are established, it will be necessary to recruit alternate leader(s) and a sweep for each group.
- The overall RL is the lead and has the final say on all decisions.
- Ask if there are any new riders/members and have him/them ride with a volunteer at the beginning of the ride so that the volunteer can talk to him/them about our rules of the road or answer any questions about the rides, discuss proper communicating, no sudden movements, keep right, etc..
- If a rider is a guest, all of the above procedures apply, plus his host must ride with his guest even if their riding abilities and levels are different.



- Let everyone know the route. The route would have been published before the ride, but, it should be explained again; ask if there are any questions.
- Be sure you have a bike computer (especially for the A Group) to monitor speed and a cell phone! If you have average speed on your computer; use it to check your speed to make sure it is generally in the appropriate range as defined for each cycling group.
- Emphasize that we ride “tight to the right” and not to wander all over the road. Safety is always our number one concern; some coaching might be necessary. Other safety issues to promote:
 - When slowing down or stopping, assume the riders behind cannot see up front; verbal and hand signals are mandatory
 - Road debris, pot holes and other hazards should be called out
 - Be cautious of traffic conditions especially if there are roads to cross and stops signs to obey
 - Signal all moves with the left hand or right hand, as appropriate, for visibility to drivers
 - Ride in single file on heavily trafficked roads
 - When stopping, other than for a light or stop sign, all riders must move off the road to the right so as to not impede traffic
- If there is any involvement with the police, relative to group riding, only the RL should represent the ride group
- Never drop a rider unless you, or the sweep have spoken to them and they are truly okay with it. Follow up by phone immediately after the ride to ensure the safety of the dropped rider.

Keep Safe, have fun and thanks for being a Ride Leader