

# Ride Leader Responsibilities

As Ride Leader, we ask that you to show up 15-20 minutes before the ride. If inclement weather will prevent a safe ride, please make sure that you cancel the ride appropriately through the Fredericksburg Cyclist Club Facebook site as soon as possible. It's the ride leader's decision to cancel a ride or not. If you can't lead your ride for any reason other than inclement weather, please try to find a substitute Ride Leader. If you are unable to find a substitute, contact the FCC Ride Captain as soon as possible.

## Before the ride:

Forms you will need to bring with you for the ride:

- 2 copies of **Ride Signup Sheet** (Roster and Waiver) (Optional)
- 2 copies of **Group Ride Accident Report** form.
- 2 copies of **Release & Waiver of Liability** form

(Note: All forms in **bold** above are posted on the website under: Ride & Route Support. If you do not have a way to print the necessary forms, please notify the FCC Road Captain.)

## At the start of the ride:

- Account for all riders
  - All riders should check in with the Ride Leader prior to ride departure
  - It is at the Ride Leaders discretion as to how to account for riders. Suggested methods may include:
    - Using the Ride Signup Sheet
    - Mentally noting riders
    - Taking a group picture of all rider

Note: Minors must be accompanied by a parent or guardian and signed in on a separate minor's waiver, which is on the **Release & Waiver of Liability** form. It is at the Ride Leaders discretion to allow an unaccompanied minor to participate in the group ride.

- Start the ride approximately on time; use your best judgment. You are not obligated to wait for latecomers.
- Take steps to ensure that new or less experienced riders are not left behind by assessing the experience level of riders who expect to ride slower. Encourage them to ride together. It is not your responsibility to ride with new or less experienced riders if they cannot find a group or riding partner. It is the Ride Leaders call to tell the rider that there may be other ride opportunities better suited for their experience level.
- It is not your responsibility to repair bikes. However, it is a good idea to bring a spare tube and/or tube repair kit, pump, very basic tools or all-in-one tool.

## **Suggested Ride Announcement Topics:**

- Introduce yourself as the Ride Leader.
- Offer your contact number if the rider needs assistance
- Introduce new riders or new to this ride. If they want to join, direct them to the club website for online membership.
- Review general safety guidelines with riders:
  - Remind riders that they must wear their helmets
  - Watch the wheel overlap especially while descending or climbing. Call out “on your right or left” as necessary to warn other riders of your presence.
  - Keep at least one hand on the bars if you are in a group
  - Be observant of changes in the weather and be ready to cut your ride short or take shelter as necessary
  - Address current Social Distancing guidelines while riding during the Covid Pandemic
  - (Summertime) If you feel dizzy or nauseous stop and get in some shade. Call someone if you need assistance.
  - (Wintertime) Hydrate, you don’t feel thirsty like you do in the summer
  - Remind riders to sound off ‘on your left’, ‘car back’, ‘hole’ (& point), etc...
  - Use hand signals; left/right turn, slowing, stopping, etc.
  - Move well off the road and signal to riders behind when stopping.
  - Encourage single file. Riding double file is allowed when not impeding traffic.
  - Headphones are not allowed, as per Virginia Code.
  - If minors are riding, they must remain with their adult sponsor during the ride.
- Define ride groups (based on speed / route / drop/no-drop). Review with everybody who is riding which course they are planning to ride. Encourage “like-mileage/pace” riders to group together. Define expected group speed / plan (stopping at corners to regroup, etc.)
- Describe route markers (where appropriate)
- Discuss anything unique about the route (dangerous curves, dogs, etc.)
- Point out where there are stores and/or planned rest stops along the routes.
- Encourage riders to stay on the designated course. If they indicate that they are going to modify their ride (add extra miles, etc.), they should let the group that they are riding with know.
- Other topics, upcoming rides/events, etc. (Club and Breast Cancer Awareness kits, Cannonball Century, Social events, etc.)

## **After the ride:**

- Try and account for all riders at the end of the ride. Use your judgment if to wait, sweep for strays, use cell phone contact numbers and call riders still out or just go home.

**In the event of an accident:**

- Ensure that the rider(s) is/are transported home or to a medical facility as appropriate.
- Call the rider's contact person.
- Contact the Ride Captain and Club President

Complete the **Group Ride and Accident** form (PDF and Direct Input are on Ride & Route Support page) and contact the FCC president or other officer to report the accident.

*Thank you for volunteering to lead a ride!*