

## Plan Your Ride

- Pace, length, terrain
- Rest stops, bathroom breaks
- Bailout points

### Cue sheets

- Cue sheet library
- Ridewithgps

Know your route!

## Post 2-3 days in advance & include

- Expected pace
- Description of terrain
- Elevation
- Link to ridewithgps or cue sheet
- Recruit co-leader for big ride

## At the Ride

### In the beginning

- Everyone must sign in (or use website "Confirm" feature)
- Take sign-up sheet with you!
- Helmets yes, headphones no
- Cue sheets or Garmin
- Cell phones on
- Blinkies on
- Welcome new members

### Safety talk

- Red lights and stop signs
- Communication
- On your left
- Car back

Do you need a sweep?

Do you need a co-leader?

## Emergency!! Downed Rider

- Signal traffic
- DO NOT MOVE RIDER
- DO NOT REMOVE HELMET
- Call 911
- Figure out logistics
- Police? Witnesses?
- Accident report

## After the Ride

- Is everyone back?
- Friendly chit-chat especially with new members
- Complete ride status report
- Scan/take photo of sign-in sheet & email to [signinsheets@westchestercycleclub.org](mailto:signinsheets@westchestercycleclub.org)

## Problems!

### Slow riders

- "Shake out" on early hill and turn them around
- Appoint "babysitter" or co-leader so you can ride in the back
- Do not abandon without a plan
- Do not leave alone if there is a medical concern (extreme heat)

### Unsafe Riders

- Do not ignore
- Tell them your concern
- You can ask them to leave if they do not respond

### Mechanicals

- Fix it if you can
- 2-3 people can play catch-up
- Do not abandon without a plan

### **Checklist**

- ✓ Detailed description on the ride board
- ✓ Know your route
- ✓ Welcome new members
- ✓ Everyone signs in
- ✓ Take the sign in sheet with you
- ✓ Helmets, water, cell phones
- ✓ Ask for help-- Co-leader and/or sweep
- ✓ Do not abandon anyone without a plan
- ✓ Communicate
- ✓ Make sure everyone gets back
- ✓ Ride status report
- ✓ Send in sign in sheet

### **DON'Ts on WCC Group Rides**

- Call "clear" at intersections
- Signal cars to pass
- Wear headphones
- Use aerobars
- Pass on the right
- Pass on downhills
- Overlap wheels

### **Expectations of WCC Ride Leaders**

#### **Best Practices for Everyone's Safety**

- Insist that riders stop at red lights
- Promote increased respect for stop signs
- Respect oncoming traffic that has the right of way
- Regroup, so no one has to play catch-up
- Promote single file riding
- Don't hog the road when regrouping
- No surprises--Ride the ride you described
- Be a good citizen and an ambassador for the club and the sport



## **Ride Leader's Quick Reference Guide**