

MWVBicycle Club Group Ride Host/Leader Practices

These practices identify key issues and recommendations to assist members who are hosting/leading club rides. They also serve to remind all club members and guests of the practices that support safe and enjoyable rides.

Ride Planning before the Ride (This section applies mainly to ride Hosts/leaders)

- Select a route that includes both a long and shorter route to accommodate different rider abilities.
- Ride the route in advance if it is new or unfamiliar: Check for safety, possible hazards, points of interest, re-group points, coffee stops or restaurants, rest rooms and note ride distance and difficulty.
- Prepare a Route Slip: (Many of the rides have route slips available on the club web site.) new riders unfamiliar with the area may need these slips.
- Gather any SAG related materials that may be necessary such as, first aid, tools, etc.
- Get assistance from other members to act as sweeps for the ride/rides you are hosting. (If possible do this prior to the day of the ride.)

At the Start or Meeting place

- Arrive at the ride start location before ride time
- Expect the ride to start on time or no later then 10 minutes from start time.
- Greet riders and introduce new participants, encourage them to join the club, as our insurance only covers them once.
- Bring Route Slips and SAG materials as appropriate. Distribute Route Slips as appropriate.
- Describe route and planned regroup sites. **(If someone thinks they have a better route, then we welcome them to propose a route to our Routes Committee. In addition, we are always looking for new Ride Leaders and rides!)**
- Count the number of riders participating. Ask if any riders plan to deviate from or not complete the planned route
- Make sure that everyone has a helmet.
- Identify route conditions or features that may present safety problems if necessary.
- Review Safe Cycling Practices (see above)
- Describe how different rider paces will be accommodated (ie. longer faster, shorter slower)
- Describe how the group or each subgroup will look out for each other: No one left behind or visually isolated
- If a sweep is used, identify the sweep rider: Sweeps stay with the last rider
- Identify how problems will be communicated to other riders or the leader

The Ride Itself

- Follow Safe Cycling Practices (described above)
- At stop signs and corners, wait for the back of the group to catch up and then resume speed gradually.
- Communicate problems (flats, accidents, etc.) to other riders or the leader

- Stay with a person that has to stop unless they tell you to go ahead and has a plan to recover on their own.
- Inform other riders or the leader if you decide to leave or vary from the route
- Make sure all riders complete the ride and that they have returned safely to the starting point.
- Immediately report any accidents to the Club's Insurance Officer

Any ideas you have for the Club should be proposed to a Club officer or a member of the Safety/Advocacy Committee. Club officers are all volunteers, and they want to have fun too. Final decisions on Club policy are made by its board of directors. Membership on the board is open to anyone who has shown an understanding of the mission of the Club and has demonstrated commitment to the mission by taking on significant volunteer responsibilities.