

Ride Leader Qualifications and Responsibilities

As an SCBC ride leader, you are a representative of the club. As such, you should be informative and friendly and make sure that new riders feel they are part of the group. Your actions on club rides may be directly associated with SCBC by new riders. Please take a few minutes to familiarize yourself with the following guidelines.

Ride Leader Qualifications

Prior to becoming an SCBC ride leader, a rider must:

- Be an SCBC club member who has ridden with the club for at least 1 year on multiple rides and from multiple start locations.
- Mentor with multiple experienced ride leaders on at least 5 rides with the leader's knowledge that they are responsible for your training. For a list of experienced ride leaders, please see the Road Captain or a member of the board.
- Demonstrate safe riding on all club rides and show interest in promoting the development of both the cyclist and the club.

The Road Captain, mentors, and the board will subsequently review the above qualifications and have final say as to whether a person shall be permitted to lead SCBC club rides.

The Ride Leader will be trained on Ride with GPS schedule entry and will be committed to supporting the club in system utilization.

The following section outlines expected ride leader behavior.

1. RIDE SCHEDULE

- a. All rides should be scheduled in advance via the Ride with GPS system using the format of Start Location (in abbreviated form) Ride # Mileage, Time Ride leader, Ride Class, phone number of ride leader
Example: Lake Ave 478 29/52 9AM Leader, Class, phone number
- b. Any and all Cancellations should be posted as a message to Ride with GPS, edit the EVENT, and on the Facebook group page.
- c. For non-weather cancellations please attempt to seek another ride leader.
- d. Cold or inclement weather rides should have shortcut options and the group should make every effort to stay together on these rides.

2. BEFORE THE RIDE

- a. Arrive at least 15 minutes before the scheduled departure time to prepare yourself and your bike and to meet new riders.

- b. Introduce yourself to the group as the ride leader. Let the riders know you appreciate their participation. If there are new riders, introduce yourself and attempt to determine if the person can safely do the route.
- c. Make sure that all riders wear helmets.
- d. Announce the route. If you have more than one route, make sure everyone knows which one they will be taking.
- e. Discuss any potential hazards on the route.
- f. Announce break stop locations and what services will be available. For rides over 40 miles there should be a break stop with restroom and water availability. Rides over 70 miles need at least 2 stops. It is highly advised that century rides have 3 stops.
- g. Remind riders to inform the ride leader or another rider if they leave the route for any reason. Make sure they have your contact info, but they should be reminded that reception can be sketchy in many areas.
- h. Remind riders that bicycles are vehicles and should obey traffic laws.
- i. Make sure new riders who are not members are referred to www.bikescbc.com for membership information.

3. DURING THE RIDE

- a. Set an example regarding safety. It's unreasonable to expect others to ride safely if you aren't doing so yourself. Never engage with an aggressive driver. Always be prepared to de-escalate a road rage incident.
- b. If you observe unsafe actions, tactfully suggest to those committing those acts that they are endangering themselves and the group.
- c. Be careful to maintain the pace that was advertised on the ride schedule.
- d. If stronger riders decide to go faster, do not speed up to try to accommodate them.
- e. Never leave a rider stranded. The ride leader should be prepared to assist riders with mechanical problems if necessary. If you aren't especially adept at mechanical repairs, recruit someone else on the ride to lend assistance.
- f. Be cognizant of new riders during the entire ride. If they have overestimated their abilities and are not keeping up, either go back and ride with them or secure a volunteer to do so. Dropping a new rider is very poor cycling etiquette. Also, it could lead to a dangerous situation if the rider should crash, get a flat or get lost.

- g. If an accident occurs, call 911 if you believe the rider is impaired beyond the ability to safely ride.
- h. If a storm or dangerous environment occurs, be prepared to make a decision that all riders comply with regards to altering the route. Make sure everyone knows how to safely return.
- i. If a road or bridge detour is encountered during the ride make sure all riders know how to navigate around the detour.
- j. Please do NOT call "ALL CLEAR" at intersections. All riders are responsible for their own safety when crossing an intersection. Please don't assume it is safe to cross because the riders in front of you did not stop. Always slow down and look both ways before crossing.

4. SAFETY

- a. Don't block the roadway when motor vehicles are present and wanting to pass. Those at the front cannot always see the traffic behind the group. All riders should call out "car back" when a car approaches. The group should go single-file on two-lane roads when being passed by a car.
- b. Obey all traffic laws. Observe traffic control signs. Running a red light will not be tolerated.
- c. Don't pull in front of motorists at stop signs or lights. This only aggravates the motorists and forces them to have to pass you down the road.
- d. Use proper traffic lanes. Never ride left of center. Merge to the left-most lane before making a left turn. Make sure to check behind you for clearance before merging to the left.
- e. Use proper hand signals before turning.
- f. When stopped, make sure all riders are off the road.
- g. If there is a large group on the ride encourage the riders to split up in smaller groups so that traffic is not blocked on busy roads. Frustrated drivers make bad decisions that cause safety issues for everyone.
- h. Ride leaders are responsible for ensuring each rider's return to the starting location or ask for another rider to do so on their behalf.

Rider's Responsibilities

1. **YOU MUST WEAR A HELMET!** Headlights and taillights should be used on both day and night rides.
2. Riders must be ready to ride at designated ride time. We encourage all riders to be at ride 15 minutes prior to start time.
3. Obey all traffic laws. Communicate with hand signals when turning, stopping, or pointing out road hazards. Ride single file when traffic is behind you. Communicate to others in the group - car back, on your left, right turn, slowing, stopping, gravel, etc.
4. Slower riders should keep to the right side of the road to allow other riders to safely pass. Do NOT pass another cyclist on their right. If passing on the left of a slower rider, pass then get back towards the right side in case someone else wants to pass you. This is important to safely navigate climbing and descending hills. All passing should be verbally communicated.
5. Don't confront motorists - get the tag number and vehicle description, then report the incident to the police.
6. Make sure you have the cue sheet downloaded to your device or carry a printed copy. If you get separated from the group, you must be able to find your way. Re-grouping is up to the ride leader.
7. When stopping on the road to regroup, waiting for others, making an adjustment, etc., get completely off the road or trail.
8. Make sure you have your ride leader's contact info and a fully charged cell phone with which to call them if there is a problem.
9. Bring adequate water and snacks for the length of the ride. Also be prepared for sudden weather changes.

Bring an ID, charge card and/or money on the ride with you.
10. Make sure your bicycle is in safe working order before the ride. Make sure you have tools with you for basic maintenance; especially those required to fix a flat. You should know how to fix your own flat. If you do not, contact your local bike shop, friend, or even the ride leader.
11. Always ride within your ability

12. Please do not call out "ALL CLEAR" at intersections. All riders are responsible for their own safety when crossing an intersection. Please don't assume it is safe to cross because the riders in front of you did not stop. Always slow down and look both ways before crossing.
13. Any rider that does not plan to stay on the scheduled route shall communicate to the Ride Leader prior to the start of the ride. Should a situation occur after the ride has started and a rider leaves the route that rider is responsible to contact the ride leader as the ride leader may be waiting for them at the break or end of ride.
14. Lastly, pack a large dose of good humor. You'll have good rides, bad rides, cold rides, hot rides, wet rides, all kinds of rides but if you bring your sense of humor you will enjoy spending time in the saddle with other bike-loving comrades regardless of the conditions!