

SAFETY/TROUBLESHOOTING

- Avoid poor riding behavior such as:
 - Racing
 - Being unpredictable
 - Riding more than 2 wide
 - Riding too close to the centre line
 - Not checking over shoulder before moving
 - Riding too fast
 - Wearing ear buds
- Bike Issues:
 - Bikes need to be in good working order, if not, rider may be to abandon ride
 - Mechanicals - riders responsible for their own repairs, group should stop and wait
- Rider issues:
 - Dropped Riders/Stragglers - as ride leader you are responsible for the group, ensure the straggler is ok, has a safe way back and check-in with them after
 - Exhausted Cyclist - offer drinks or nutrition or ensure they have a safe way home if abandoning
 - Reckless Cyclists - issue warning, if still not conforming, remove from ride
 - Uninvited guests - stop ride and wait for guest to separate from the group

INJURED CYCLIST

- Stay calm and delegate responsibilities
- Remind others to stay out of harm's way
- Check for danger - assign someone to direct traffic
- Identify mechanism of injury and minimize further injury
- Don't move victim
- If in doubt, call 911
- Administer first aid to the best of your ability or delegate
 - look for signs of confusion or disorientation
 - get personal information, medical history
 - comfort the victim
- Send incident information to the club executive after the ride for forwarding to the OCA

RIDE LEADER ROLE

THE RIDE LEADER'S ROLE IS TO ENSURE THAT THE RIDE IS SAFE AND ENJOYABLE WHILE FOLLOWING THE CLUB'S RISK MANAGEMENT PLAN AND RIDE GUIDELINES. IF AT ANY POINT, SAFETY OF A RIDE IS QUESTIONED, STOP THE RIDE.



Ontario Cycling Association



Ontario Cycling Association
www.ontariocycling.org
[@ontariocycling.org](https://twitter.com/ontariocycling.org)

A MINIMUM OF ONE RIDE LEADER IS EXPECTED FOR EACH ACTIVITY HOWEVER IT IS RECOMMENDED TO HAVE MORE THAN ONE

ONTARIO CYCLING ASSOCIATION

RIDE LEADER GUIDE



Ontario Cycling Association

WWW.ONTARIOCYCLING.ORG

WHO IS A RIDE LEADER?

A ride leader, marshal or host is a cyclist who has the skill, experience and leadership abilities to help guide others, ensure safety and provide overall enjoyment during a club ride. They are not expected to be at the front pulling the group the entire ride, but mingling and integrating to ensure the overall cohesiveness of the group. They will be the first point of contact for troubleshooting issues, safety concerns or if an injury occurs.



BEFORE THE RIDE

- Verify the Activity Location and Time
- Weather Cancellation Call: This can be made by the Ride Coordinator, Ride Leader, or someone else appointed by the club and will be in accordance with the weather policy outlined in the club's Ride Guidelines.
- Arrive Early and come prepared with recommended pack list:
 - bike and helmet in good working order
 - spare tube, patch kit, pump and tire levers
 - cell phone
 - water bottles and snacks
 - OCA Sport Injury Report
- Check memberships
 - Must be members of the club (in good standing)
 - Member of the OCA (UCI License, Citizen Permit, Affiliate Club Membership)



PRE-RIDE MEETING

- Introduce yourself and other ride leaders)
- Speaking points:
 - describe route and rest stops
 - any hazards along route
 - when and where to re-group
 - group formation (single file, echelon rotation)
 - communication within group
 - inform ride leader if abandoning ride
 - introduce new riders
- Group Formation:
 - keep group sizes manageable, if too large, split into smaller groups
 - groups can be formed based on varying speed and ability levels
 - do a headcount of number of riders in group
 - faster riders leave first, allow a few minutes between groups
 - separate groups, allow for 100m gap minimum between each group



DURING THE RIDE

- Start on time
- Set a safe example
- Signal turns and obstacles appropriately
- Obey traffic laws
 - Stop at all stop signs and lights (one foot down)
- New riders:
 - pay attention to new members
 - answer questions or refer to someone who might know the answer
 - identify and correct problems early
- Group Etiquette
 - ride at the advertised pace
 - follow advised route
 - regroup whenever possible if group has broken apart
 - if stopping, ensure riders have pulled themselves off of the road
 - always stop at indicated rest stops
 - keep track of riders to ensure all have completed the ride safely

AFTER THE RIDE

- Check-in with group, provide feedback and encouragement
- Phone calls if concerned about an injured, lost or abandoned rider (same day or next)
- The following info must be sent to club executive if the case of an incident, immediately after the ride:
 - name
 - date
 - description of the incident or action
 - location
 - witnesses