



# Actions and Responsibilities of a Club Ride Leader

## Club Info for 2024

1. Early Season Learn to Group Ride: Tuesdays April 23, 30, May 7, 14 (Mike Grimes)
2. Sunday Café Rides – added a new route (Annina's, Black River, Grackle, Roost Café (King City))
3. Special Rides – Saturdays: May 18 (Creemore), June 29 (Scugog), Aug 31 (Belfountain); Sunday Aug 4 (Simcoe Circle)
4. Try-Out Rides & Socials: May 11, June 1, June 15, July 6 \*Hope to add one more social – probably end of August or early September
5. TTs are now free

## Overview of Ride Leader Role

A ride leader will help ensure that the group follows the guidelines outlined in their club's Policies and Procedures. A ride leader is 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 are also not considered coaches, rather simply pointing out and enforcing club rules and etiquette. They will be the first point of contact for troubleshooting issues, safety concerns, interactions with motorists, or if an injury occurs.

## Communication

- Communication helps set people at ease
- Pre-ride
  - introduce yourself, wear your armband
  - describe the route and rest stop (if there is one)
  - stress the importance of communication for everyone during the ride! (see below)
- During the Ride
  - New riders appreciate tips/suggestions
  - **\*\*Make sure people know to inform ride leader if someone is leaving the group ride**
  - Doing shoulder checks, keeping an eye on the people around you
  - Calling "ease up" (for yourself or someone else)
  - Be confident to point out any issues with peoples' riding (see "During the Ride" below)
  - Show new riders how to do the social paceline rotation

## Pre-Ride

- Arrive Early and come prepared: cell phone, route
- Ensure all riders know they need to be members
- Identify new riders and ensure they are aware of basic group ride etiquette
- Describe group formation: double paceline unless single file is needed
- Stress the importance of **communication**
- Do a headcount of the number of riders
- Keep group sizes manageable, if too large split into smaller more manageable groups (Ideal 6-12) **\*do this before the ride starts if possible**



## During the ride

- Ride at the advertised pace
- **Follow posted route**
- Set a safe example
  - Obey traffic laws
  - Stop signs and stop lights are not optional (be courteous and maintain good reputation)
  - Signal turns and obstacles appropriately
- Pay attention to new members
- Maintain safe riding practices (identify and correct problems early)
  - **Remember: New riders appreciate suggestions**
    - Overlapping wheels or half wheeling, especially in windy conditions
    - Being unpredictable
    - Riding more than 2 wide
    - Riding too close to the centre line
    - Not checking over shoulder before moving
    - Riding too fast
    - Remind riders not to accelerate during paceline rotation
    - Remove unsafe / reckless riders from the ride if necessary
    - Keep group together **\*\*Everyone needs to Communicate!!**
      - Dropped riders/stragglers – ensure the straggler is ok, has a safe way back
    - If stopping, ensure riders have pulled themselves off of the road
    - Try to keep track of everyone to ensure everyone has completed the group ride safely

## Safety/Troubleshooting

- Incident with motorist – ride leader should be the one point of contact
  - Try to diffuse situation
  - Get license plate if possible (we can report it to YRP Roadwatch later on)
- Uninvited guests – explain it's a club ride, if they don't separate, stop and wait for them to leave.
- Injured Cyclist
  - **Wait** for a bit – it can take awhile before the adrenaline wears off
  - Stay calm and delegate responsibilities
  - Remind others to stay out of harms way
  - Check for danger – stop traffic if necessary
  - If in doubt, call 911
  - Assist to the best of your ability
  - If someone is diagnosed as having a concussion, they may not re-join group rides until cleared medically (rider's responsibility)
- Email club executive about any injuries, altercations with motorists, or disciplinary problems

