

RVCRC – Advice for Ride Leaders

Planning the Ride

- Choose a route and distance appropriate to your group. When planning a Sunday Club Ride any club member should be able to participate.
- Plan the appropriate number of cafe stops and ensure that the chosen cafes are open and whether a reservation is required.
- Avoid, as far as possible, busy main road and junctions.
- Avoid roads around large events such as county shows or fairs.
- Gain access to the list of members emergency contact details. This can be via a Member Mojo system login or a digital list.

Before the Ride

- Ensure that you know who is in your group.
- Introduce yourself to new riders and establish their ability and the condition of their bike. Brief them on how to ride in a group. Introduce them to the group.
- Ensure you have emergency contact details for all participating riders and ensure someone in the group has your emergency details.
- Ensure that any non-club members know that they can only attend 3 club rides before they become a member.
- Take a head count.
- Explain the route, mileage, café stops and any potential hazards along the way.
- Nominate a rear rider.
- Make sure everyone knows the group riding signals and calls.
- Explain the terms Half Wheeling and Overlapping Wheels and explain why these are unacceptable.
- A group size of more than 12 riders should be split into two smaller groups.

During the Ride

- Ride at a pace that keeps the group together.
- Make regular stops for re-hydration and clothing changes.
- Make regular headcounts.
- Check on new and inexperienced riders.
- Make the group aware of any hazards that are being approached. Hazards can include a poor road surface, busy junctions, bollards, road works, ascents or descents.
- If there is a build up of traffic behind the group find a safe place for the group to stop and allow the traffic to pass.
- Vary the route if the weather conditions change and allow riders time to change their clothing.
- Ride at a pace that keeps everyone together and ensures that no one gets dropped.

After the Ride

- If an incident or accident has occurred during the ride, complete Incident Report Form and pass it to a member of the committee.