



SAN FAIRY ANN CYCLING CLUB

GUIDE FOR SFACC RIDE LEADERS



The ride leader is one of the most critical roles in the club, tasked with keeping the group safe as well as leading a great ride. Here are some tips and hints for leading a ride safely and effectively.

BEFORE THE RIDE

- Make sure you are physically fit to lead – with a roadworthy bike and appropriate clothing
- Consider extras to bring as ride leader (e.g. small first aid kit)
- Create a good quality route to match group expectations
- Book any café stop.
- Let your group know what to expect (speed, distance, terrain, elevation etc)
- Publish start location and time to the group (advise if different to Milestone)
- Share the route (if a planning tool is used e.g. RWGPS, Strava etc.) in advance via email, social media or the SFACC forum
- If new riders are coming, confirm their suitability for the ride and ask if there are any issues the leader needs to be aware of
- If you need a colleague to act as back-marker or leader of a second group, agree how you will share responsibilities
- Check the weather forecast. If it is icy, then cancel the ride and inform others by your usual contact medium

AT THE START OF THE RIDE, ON THE DAY:

- Turn up 10 mins early to welcome riders, particularly new riders
- Ensure that everyone is introduced to each other
- Welcome new riders and ensure they understand how the group ride will work
- Take a register of who is riding (a photo will do)
- Any rider issues? (e.g. anyone planning to peel off? Any health issues you need to be aware of?)
- Have all your riders prepared? (e.g. got the right kit, and a roadworthy bike? water? emergency snack bar? carrying spares e.g. inner tubes? ICE cards?)
- Check who knows the route (at minimum, your back marker or second-leader) and has loaded it on to their GPS or phone
- Outline the route, flagging any tricky sections (difficult junctions, busy main roads, steep descents)
- Check the weather forecast again and adjust route as necessary (ice, flooding etc.)
- Agree expectations with the group (e.g. no one will be dropped, waiting at hill tops and junctions.)

DURING THE RIDE:

- Give clear warnings as hazards emerge, advising group of challenging areas ahead (e.g. pot holes, gravel, horses, main roads)
- Where possible ensure that you can always see your back marker / second leader – and don't drop anyone unless agreed otherwise)
- Use calls effectively, encouraging the whole group to relay calls
- Ensure your group respects the rights of other road users – riders must not knowingly contravene the Highway Code
- Take actions to minimise risks to the group. At times this may mean leading from the back, or watching riders through a junction and then catching up
- In the event of an incident, take control and delegate tasks, e.g. comfort rider / phone for ambulance, alert other road users and advise other riders to wait in a safe place. If a third party is involved, be prepared to note details etc. for a subsequent incident report.

AT THE END OF THE RIDE:

- Thank everyone for coming
- Get feedback on what worked, what didn't and any lessons learned for ride co-ordinators /club