

## CACTUS CYCLING CLUB RIDE LEADER GUIDE

The following information provides general guidelines and a checklist for Ride Leaders. Please use this information with an abundance of common sense and initiative.

### RIDE LEADER RESPONSIBILITIES

Cactus Cycling Club (CCC) Ride Leaders (RL) are responsible for the general conduct of the ride posted on the CCC schedule they are leading. The RL should try to assure the ride is conducted for the mutual enjoyment and safety of all participants.

### CONFORMANCE TO POSTED SCHEDULE

The RL should adhere to the ride profile as posted on the CCC schedule to the extent practicable. All participants on the ride should be prepared to start at the scheduled start time. In case the RL cannot lead a ride that has been scheduled a substitute RL should be found from the list of CCC ride leaders posted on the CCC schedule. In case of bad weather the RL or a substitute should go to the start to advise anyone who appears unless the conditions are obviously widespread and likely to be prolonged.

### ADMINISTRATION

The RL must assure all participants have signed the CCC waiver form. Retain the form during the ride for reference. Disposition of the form is indicated on the bottom of the form.

A parent or guardian must accompany riders under the age of 18.

### PRE-RIDE BRIEFING

The RL should provide a pre-ride briefing. The content of the briefing will vary depending on the course and rider participation. Repetitive "training rides" with known participants would require a more simple briefing than a new course or new riders. An announcement of the first regrouping point, significant variations expected in the pace during the course of the ride, significant course profile features, general safety issues and any post ride social activities are information that should be provided. The RL should keep the pre-ride briefing to the minimum time possible.

### DURING THE RIDE

The general organization of a C pace ride will differ from that of an A pace ride. Ride Leaders may want to position themselves at or near the front of a C pace ride. At higher pace levels the RL may need to position themselves at various places within the group to facilitate the flow of the ride.

Riders "off the front" of the group are responsible for themselves. Riders "off the back" should be accommodated either by an adjustment of the main group pace or by appointing a

“sweeper”. If the ride was posted for multiple paced groups normally the last group on the road will have responsibility for slower riders.

## ON THE ROAD

All riders should be courteous to and considerate of motorists. The RL should try to assure all riders avoid confrontations with motorists. In extreme cases an effort should be made to record the vehicle tag number and report the incident to the Tucson Police Department’s Road Rage Hotline, 235-RAGE (7243).

The RL should try to assure the ride participants engage in and display proper and commonly accepted group etiquette while on the ride. This should include riders announcing their presence and intentions when maneuvering within the group, announcing and pointing out road hazards (both debris and traffic) where possible and being responsible for their own actions and safety.

In case the RL believes a participating rider to be clearly unable to ride at the posted ride level, the RL should discuss this concern with the rider at the end of the ride and suggest alternative rides as available.

In case a rider exhibits extreme dangerous behavior or refuses to cooperate with reasonable requests the RL has the authority to ask the rider to leave the ride.

## RIDE’S END

At the conclusion of a ride the RL should try to account for all riders who have participated on the ride. The RL should address any concerns or inquiries by participants and invite newcomers to other CCC rides and activities.

## ACCIDENT

In the event of an accident the RL should first attend to any injured persons. Unless the injuries are minor, emergency medical help and the police should be summoned. Any accident involving another vehicle should have a police presence. The RL should contact persons known to the rider at the number provided on the waiver form. The RL should secure the riders bicycle and equipment. Contact the club’s ride coordinator (currently Jerry Reas, 797-0655) as soon as practicable after the accident.

## RIDE LEADER CHECKLIST

1. Arrive at the start on time.
2. Assure riders have helmets, water and tire repair essentials.
3. Sign in riders on waiver form.
4. Brief the ride. Announce any post ride social activities.
5. Dispose of waiver form in accordance with instructions on form.