

Pre-Ride Checklist: Please review this checklist of Pre-Ride topics with the group before each and every WCBC- led ride.



- ⇒ Ride in a safe and predictable manner:
 - Follow at a safe distance
 - Hold a steady line - refrain from sudden moves or swerving
 - Don't surge, maintain a uniform speed/pace
 - No more than two abreast – but only if the road allows this safely
 - Be prepared to “single up” anytime there is a car back that wants to pass
 - Pay attention to the road when riding – don't ride distracted or distract others
- ⇒ WCBC rides are intended to be challenging and are intended for recreational and social purposes – NOT racing – Join FSVS to race
- ⇒ With large groups, keep groups limited to 10-15 riders separated with a 2-car length gap when riding roads without shoulders to allow cars to “leap frog” safely thru the group
- ⇒ Communicate with other riders and call out dangers and obstacles:
 - “Car Back,” “Car Up,” “Car Left,” “Car Right,” “Glass,” “Gravel,” “Hole”
 - Continue the message up/back thru the line as it comes to you – don't assume others heard the hazard call
 - Use hand signals to point out road hazards well in advance
 - Make yourself obvious to cars entering the highway – wave, make eye contact
 - At intersections, do not call “Clear” - each rider is responsible to make their own decision
- ⇒ Your bike needs to be in good working order – Review **ABC's**
 - **A**ir - in tires?
 - **B**rakes – working?
 - **C**hain – Lubricated?
 - Rear - flashing safety lights
 - Headlights for dusk rides
- ⇒ To be on a WCBC ride, you must ride with the Ride Leader – go ahead of the ride leader and you are on your own.
- ⇒ Wear brightly colored clothing so you are obvious to the motoring public
- ⇒ While riding - No headphones, ear buds, music, cell phone use
- ⇒ Carry tire repair equipment and be prepared to use it
- ⇒ Review ride details with the group before departing
 - Advertised pace of the ride – rolling speed and overall average speed
 - Terrain – flat, rolling, hilly
 - Significant concerns - road surface, gravel, shoulder work, etc.
- ⇒ **Remind everyone to Have Fun!**

White Clay Bicycle Club

February, 2015



Ride Name: _____

Date: _____ Distance: _____

By signing this waiver, I do hereby release and hold harmless and covenant not to sue White Clay Bicycle Club, its officers, ride leaders, administrators, insurance carriers, directors, members or volunteers, owners and lessors of premises on which any activity takes place from all liability, claims, demands, losses or damages that may result from an accident, injury, or inconvenience on this ride. **I further understand if I am not a member, Insurance coverage is not extended to me by the Club and agree to the terms of this agreement.** I acknowledge that this activity will be conducted over public roads or trails and facilities open to the public and hazards are to be expected. I further agree that I will ride in a safe, prudent and courteous manner, stop for all traffic signals, ride as far to the right edge of the roadway as is safe, and obey all traffic laws. I also agree to wear a protective helmet while participating on this ride and to refrain from wearing one earplug, a pair of earplugs, or headsets for entertainment. I fully understand that bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death, and voluntarily participate in this activity. I agree that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I further attest that I am age 18 or older. (Note: If under age 18, parental permission must be given before beginning this ride)

ALL RIDERS MUST WEAR PROTECTIVE HELMETS; NO EAR PLUGS

Name	Emergency#	Cell#	Member?	Signature
<u>Ride Leaders</u>				
<u>Participants</u>				
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