



Ride Leader Guidelines

Ride Leader Pre-Ride Instructions

- Share route's known road hazards (crossroads at bottom of hills, expected auto traffic, fallen branches, potholes, road debris, etc.)
- State if ride is a drop or no-drop ride
- State if there will be regrouping at hilltops

Ride Group Best Practices

- Strive to ride smoothly and predictably
- Maintain proper line during turns
- Lower speed, but may ride through stop signs when clear
- Stop or slow until all riders can catch up when group is split due to red light
- Use hand signals (*Slow/Stop*—Hand down; *Turns*—Point in direction headed; *Move Over*—Wave hand behind back; *Road Hazard*—Point down at hazard)
- Use voice for emphasis if necessary (*Slowing, Stopping, Right Turn, Left Turn, Obstruction on Right, etc.*)
- Pass signals throughout line to warn entire group
- Announce *Car Up, Car Right* or *Car Left* to safeguard group
- Announce *Car Back*; riders should repeat announcement so entire group hears and understands to:
 - Move immediately to right in single file
 - Enable other riders to merge right by allowing space
- **NEVER** announce *Clear* at intersections or turns; each rider must satisfy one's self that it's safe to proceed
- Announce clearly when experiencing flat or mechanical problem
 - Warn other riders you need to pull over and stop

- o Pull off road to safe spot when stopping
- o Pull off road to safe spot when assisting
- Announce road hazards with loud and simple words (*Hole, Glass, Road Kill, etc.*)
- Repeat road hazard announcements so riders behind will hear
- Keep safe braking distance within group
- Avoid overlapping/crossing tires
- Allow for gap so passing cars from rear can safely avoid oncoming cars (and not have to swerve into riders) on single lane roads or with large groups
- Do not brake and do maintain speed if accidentally unclipped; clip back in when able
- Stay alert and attentive always