

One and All Cycling

ADVICE AND TIPS FOR RIDE LEADERS

One and All Cycling's midweek and Sunday morning group rides are a cornerstone of the club's activities. Without our volunteer ride leaders, these rides would not take place.

Leading a ride should be rewarding and enjoyable. We are very keen to encourage more members to enjoy the experience of leading a ride and we want to support you to develop the necessary skills. The bullet points listed below highlight some of the key components of leading a ride successfully. More detailed information is provided in a supporting 'Ride Leader Advice' document. Don't forget that one of the club's experienced ride leaders will always be willing to support you as you lead a ride; another option is to start to develop your ride leader skills by acting as a 'deputy' for a ride leader.

- Work out a route you think your group will enjoy. Things to think about include: terrain, traffic, weather, the ability of the group and potential shortcuts if a problem arises during the ride.
- If possible, publish your planned route on the club's Facebook page in advance of the ride.
- If you have a smartphone, it is useful to take a photo of the signing on sheet, so you have the contact telephone numbers with you on the ride.
- Find out the names of new riders and welcome them.
- Enlist the help of other experienced riders in your group: to keep an eye on new riders; act as a backmarker; or lead a second group if required.
- **Please remember that the maximum group size is 14.**

- Make a brief pre-ride announcement. This could include a brief description of the route and any important safety reminders. The announcement can be tailored to the experience of the group.
- During the ride, warn riders, especially new or inexperienced riders, about any upcoming hazards, including tricky descents, especially in wet weather.
- Try to keep the ride flowing smoothly. Try to keep the group compact and together on the flat, but regroup at the top and bottom of hills.
- Remember that, depending on the ability of the group, some of the weaker riders may need a rest at certain points before restarting, particularly at the top of a hill.
- If your backmarker does not appear within a few minutes at a regrouping point, retrace your steps to find them.

- It is recommended that you do not direct traffic to overtake the group; this is best left as a decision for the car driver.
- Encourage the riders in your group to acknowledge other riders on the road with a wave or nod and smile.
- If you think any rider is riding in a way that will endanger himself/herself or others, have a quiet word.
- Check that anyone who wishes to leave the ride is happy to make their own way home.
- In the event of an accident or mechanical failure, apply common sense. In the event of serious injury, dial 999 immediately and follow the advice of the emergency call handler.
- Please remember that under-16 riders should not be left alone. If an under-16 rider has a problem, adults should stay with them until the rider can be handed over to a parent or guardian.

Enjoy the experience and have fun. The club's more experienced ride leaders are available to support you and help you develop your ride leader skills.