

Ride Leader Guidelines

Carrollton Cycling Club

If you would like to accept the challenge and responsibility of being a Ride Leader for Carrollton Cycling Club, please review and understand the following suggestions for leading a safe ride; you may clear up any questions by discussing individual items with other Ride Leaders or Board Members. After achieving the first priority of leading a safe ride, physical conditioning, enjoyment of the sport and social interactions among riders will occur during future rides.

1. Just prior to “let’s roll”, address the group and mention the route, double pace line, passing only on the left, calling out hazards, and following traffic laws. Assign someone to be a Sweeper. Non-members must sign a waiver.
2. Count the number of riders in your group before the ride starts.
3. Set a pace that will attain an AVERAGE speed close to the advertised ride speed.
4. If some riders insist on a faster pace during the ride, let them go. Do not try to speed up to accommodate them; after they pass the ride leader, they are on their own.
5. During the ride, check to see if all the riders that you started with are still with you and are able to maintain the pace you are setting.
6. With your Sweeper’s help, check on the condition of stragglers and, if necessary, stop at a safe location and re-group the ride.
7. Do not under any circumstance, abandon anyone on your ride. You must bring back or be able to account for every rider in your group.
8. If one of your riders has a “physical” (bee sting, fall, etc.) or “mechanical” (a flat tire, dropped chain, broken spoke, etc.) problem, you should do one of the following:
 - a. Stop the ride and, if possible, handle the problem and start back within a reasonable amount of time
 - b. If necessary, find a volunteer to accompany the rider back to the start point.
 - c. If the problem cannot be solved in the field, find a way to have the rider and bike picked up in a vehicle
 - d. Use your own judgement, but do not hesitate to call 911, if necessary
9. In summary, set the designated pace, check riders frequently and get them all back safe and sound.

