

Ride Leaders' Guide

Rides are important to the Campaign. It's not just about the authorities and businesses. We're also here to appeal to the people of Bristol: Bums on Bikes!

Before you leave home:

- Recce the ride beforehand if you can – you'll enjoy your day more if you know your route
- Bring the Ride Record form and membership leaflets along – this is our chance to grow the Campaign. (You can download these from our website)
- Arrange for somebody to bring along basic tools and first aid kit

Before the ride:

- Please ask everyone to sign up, especially non-members, as this protects you and the Campaign should the unthinkable happen
- Our insurance allows for no more than five non-members on a ride
- Ensure everyone has left contact numbers (on-ride and emergency)
- Appoint a reliable backstop - a quick glance behind to them will reassure you have everyone
- Tell everyone where we're going, any planned stops and who the backstop is
- Most of all make everyone feel welcome, especially newcomers – introductions as you sign up will set things off to a good sociable start
- Ask a knowledgeable person to do a quick check for roadworthiness on any bike you're unsure of: brakes, tyres, gears & lights, but don't get involved with repairs!
- Please remind the group to show courtesy to other road / cycle path users and to follow the rules of the road.

During the ride:

- Consider new and novice riders - much of what follows especially applies to them
- Get a sense of abilities and go at a pace that keeps everyone reasonably close
- Consider splitting the ride if abilities vary widely or numbers are great and appoint a second leader and backstop
- Use main roads sparingly – back lanes and cycle tracks make for a more pleasant ride
- Warn other riders of hazards and encourage others to do so
- Stop only where safe - if forced to stop ensure everyone clears the road or moves on to a safe place
- Be sensitive to anyone who wants to leave the ride and make sure they are leaving, not left behind
- Ensure anyone leaving has adequate resources and knowledge to get home
- Be prepared for changing circumstances in the rare event of severe weather, surface deterioration, blockages, illness or tiredness
- As ride leader you do have a care of duty towards the group, but that does not mean you are expected to have specific authority over the group

When you get home:

- Send the completed Ride Record form to the Rides Secretary at the address below
- To help with publicity, if you have taken any photos please email them in to the secretary – address below

For more information on leading a ride:

http://www.ctc.org.uk/resources/Go_Biking_with_CTC/Rideleaderguide.pdf

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