

Rider Leader Guidelines



On the day of the ride...

- Be familiar with the route. Pre-drive if necessary. Check ahead of time for detours, etc.
- Arrive at least 20 minutes before the ride.
- Ride Leaders should always wear the OUTspokin' jersey for easy identification.
- Carry pen/pencil, cell phone, incident form and liability waiver.
- Circulate liability waiver for signatures & phone numbers, check legibility, count riders.
 - Waiver is available on the OUTspokin' website.
 - Ride Leaders should carry the liability waiver with rider's cell phones in case you get split up.
- Give ride introduction/safety briefing.
 - Especially important if there are new riders.
 - Review bicycling basic Rules of the Road.
 - Bike Etiquette (e.g. Single file, 'On your left', Don't ride too close).
 - Hand Signals (Single File, Stop, Left, Right, Slow Down, Debris).
 - Obey Traffic Laws.
 - Make sure everyone has food, water, tools for repairs.
 - Make sure all riders have helmets and wear them.
 - NOTE: No helmet, no riding with OUTspokin'.
 - If you are leading a Green Ride and have an extra helmet at home, throw it in the car and bring it with you!
 - Make sure all riders carry their cell phones and keep them turned on or in vibrate mode.
- Carry patch kit / extra tubes, tools, pump, etc.
- Carry extra water and nutrition bars for emergency situations.
- If possible, carry some basic first aid items (ibuprofen, band-aids, anti-septic wipes).
- Make sure all riders are accounted for at end of ride.
- Keep the advertised pace.
 - Green Ride leaders should have a 'sweep' rider.
- Interact with the riders in a friendly and professional manner.
- Reflect positively on OUTspokin'.
- If the weather or elements are not conducive for the ride, try to make the cancellation no later than an hour before the ride starts.
 - If weather is 40 degrees or colder, the ride should be canceled.
 - If the pavement is wet or slick, the ride should be canceled.
 - All Ride Leaders are asked to use their best judgement for the safety of the riders.
 - To cancel rides...
 - Ride Leader should post the cancellation on the OUTspokin' Facebook Group page.