

San Antonio Wheelmen Pre-Ride Briefing

TO RIDE LEADERS:

Please ensure that you explain the following Club Procedures and "Rules of the Road" before you start your ride.

Welcome riders to the SAW ride.

Ask if there are any new members, non-members, or visitors.

Ask if anyone needs help finding someone to ride with.

Non-members are always welcome, and encouraged to join, if they enjoy riding with SAW.

All riders must sign in.

Stress the importance of signing in, especially in case of emergency.

Need car license plate and phone numbers so anyone late getting in can be identified and contacted (cell phone # is best), if necessary.

Encourage all riders to add your cell phone #, which is on the posted maps, to their contact list.

Safety Overview

Helmets are required on all Wheelmen rides.

SAW rides are unsupported, meaning there isn't anyone immediately available to pick up riders with a vehicle and the only rest stops are at convenience stores.

Since rides are unsupported, it's important for riders to look out for each other.

NEVER leave a rider who has taken a tumble. He/she might not be aware they are injured.

Carry plenty of water and drink often during hot weather.

Carry spare tubes, pump, and tools.

Carry an emergency info card.

Carry a map and know how to read it.

Bicycles are legal vehicles on the road and are required to obey all traffic laws.

Stop at stop-signs and traffic lights.

Use hand signals when making turns.

Ride as far to the right as safely possible, never more than two abreast.

Go to single-file when necessary. Do not obstruct traffic.

No headphones, iPods, Walkmans, etc.

Be courteous to motorists and other cyclists.

Call out "Car Up" or "Car Back," when vehicles are approaching.

Call out "On Your Left," when approaching slower riders.

Point out hazards such as potholes, glass, and gravel.

Mention any known safety issues such as high traffic areas, road conditions, or construction.

Ask if anyone is unclear on the route.

Point out where water stops are (ask riders to be courteous at store stops).

Ensure all riders have a map and review the day's routes and distances. **Group the riders** into either pace group or mileage group, depending on the ride and riders. Ride Leaders will make the call with the objective of grouping riders with similar abilities.

If grouping by pace, use the following categories:

Riders averaging 18+mph will depart first; a minute delay

Riders averaging 14-17mph will depart next; a minute delay

Riders averaging under 14mph will then depart

If grouping by mileage, roll out by distance with longer distances first

Offer a Stay-Together Ride as an option. Discuss mileage, pace, and identify a ride leader

Pre-Ride Briefing CHEAT SHEET

1. Welcome riders, new members, non-members and visitors
2. Please sign in; any additional club announcements
3. Safety talk on helmets, rules of the road, unsupported ride, being courteous to motorists & other cyclists
4. Routes, distances, safety issues: road conditions, water stops
5. Group riders by pace or mileage
6. Offer Stay-Together Ride as an option

Thanks for listening have a safe and fun ride

Please mail completed rider sign-in sheets to the SAW Ride Committee Chair