

Pre-Ride Briefing Cheat-Sheet

(This can be modified greatly if there are only a few, regular riders. If you have visitors and inexperienced riders you'll need to cover this in greater detail.

Be aware of your audience.)

Before the pre-ride briefing go around to the riders as they show up and introduce yourself as the ride starter. Ask them to sign the waiver. If you don't recognise them, ask if they are visiting or are new to the club. Try to make note of it so you can introduce them at the briefing. Try to find out how experienced they are, the distances they wish to ride and their pace so that you can introduce them to other, similar members. How a visitor is treated at their first club ride will determine if they come back.

Begin the briefing no later than 5 minutes before the scheduled start time.

If you have a lot to talk about, start it sooner, 10 minutes or so.

Riders want, and expect to get on the road on time.

The Briefing:

Introduce yourself and welcome them to the Wheelmen _____ ride.

Ask for a show of hands, who are new members and visitors (first time riders with the club). Ask them to introduce themselves unless you can do it. (see above note)

Make sure everyone has signed the waiver.

Make announcements such as club needs, upcoming social events, etc.

Safety Talk:

- Helmets – everyone must wear one. They are not part of the club ride and may not sign the waiver without one. This is usually not an issue. If some forgot their helmet perhaps another rider has a spare they'll share.

Otherwise you can talk to the individual one-on-one.

Just don't embarrass them in front of the group.

- Does everyone have water?
- Rules of the road – we are legal vehicles. Obey the same laws as a motor vehicle. Police do issue tickets for violations.
- Ride defensively and be predictable.
- No more than two abreast.
- Be courteous to motorists & other cyclists. Waive with all five fingers.
- Yield to motorists even if you have the right-of-way unless they signal otherwise. Make eye contact with them. Don't get into confrontations, it's not worth it. Remember that one rider represents all riders to a motorist. If you're a jerk then we all are guilty by association.

- Call out road hazards and point to them. Car-up, car-back, potholes, pavement cracks, debris, oncoming runners. If it has rained recently there is likely to be more gravel on the roads.
- Use hand signals for turns, stopping (call out “Stopping”, Slowing” LOUDLY!)
- Call out “On your left” when passing a rider. Don't pass on the right side unless you can't help it and then give the other rider plenty of warning.
- Don't camp out in the middle of the lane, stay to the right unless road conditions dictate otherwise.
- This is an unsupported ride so take care of each other. Don't pass by a stopped cyclist without offering help. If you need help turn your bike upside-down or lay it on its side (gears up).
- Particularly on hot days if a rider is acting oddly don't just ask if they are okay (they'll always say they are). Stay with them for a little while to make sure they aren't bonking. Call for help if need be.
- Plan for the unexpected: If you have an accident how will you communicate? Road ID bracelet? Emergency & health info loaded in your cell so that EMTs may access it? Search the internet for instructions.
- Discuss the routes, distances, safety issues: road conditions, water stops. Ask if anyone has more current knowledge of the road condions.
- Group riders by pace or mileage: ask for show of hands for each distance.
- Offer Stay-Together Ride as an option if one has been advertized and introduce the leader of it.
- Ask for questions or other announcements.
- Thank them for listening *“Have a safe and fun ride”*.
- Dismiss the longer, faster riders first. Tell stay-together riders to hang back and let everyone else leave first. The stay-together leader should count the number of riders in that group.

Please give completed rider sign-in sheets to the SAW Ride Committee Chair or other club officer.