

Ride Leaders and Tail Enders are a very important components within the operation of the Over 55 Cycling Club.

The Charter is designed to provide guidelines for Ride Leaders on how a typical ride with the Club is conducted. It also informs Club members of what is expected of them during a ride. Minute detail has been excluded from the Charter in favour of listing general principles. A common sense approach to riding is expected to supplement the content of this document.

Prior to Ride Day

Leaders should consult the ride program to select the destination and plan the appropriate route. Online maps are available to download from the Club website. These are for guidance only – if the leader knows of alternative safer routes they are encouraged to use them.

Pre Departure on Ride Day

- Inform the Ride Captain of the details of the planned ride.
- ** Please see note below regarding Official Ride description
- Gather the riding group together and position yourself so **ALL** riders can hear your proposal for the ride.
- Introduce any new riders to the group.
- Brief the assembled group on the destination, route, distance and approximate average speed along with any problems that may be encountered along the way (rain, heat, hills, wind, detours etc).
- A brief explanation as to what is expected of the group is useful so riders can adapt to the leader's style of leadership.
- Check to see everyone in the group presents with sufficient water & necessary accessories (pump, spare tube and tyre levers)
- Check that assembled members are confident they are in the correct group and make any adjustments. Riders would have selected your group on the basis of the ride description you have announced. It is important that you adhere to the announced details and not change the ride unless there are exceptional circumstances.
- Appoint a tail end rider who must carry a whistle and a mobile phone. Confer with the tail ender to confirm strategies for keeping the group together on the ride.
- Ensure there is at least one mobile phone being carried within the group.

**“Inform the Ride Captain of the details of the planned ride.”

“Any ride that does not start from the designated place, as listed in the Ride Program, will only be official if it is documented by the Ride Leader, addressed to the Ride Captain, at least the day before, outlining the starting time, the start point and the finish point. An email is required in such a case.”

The Ride

- Observe rules of the road
- Call hazards loudly and insist that the 'calls' are relayed up and down the line of riders.
- Ride single file (this is a legal requirement on paths).
- Ride at the agreed speed but be prepared to alter the speed if conditions change during the ride.
- Take regular rest/drink/toilet breaks.
- Resist suggestions from members of the group to alter the original ride description midway through the ride.
- It is important that you adhere to the announced details and not change the ride unless there are exceptional circumstances.
- If there is a problem, such as a puncture, the **entire** group stops and assists in restoring the integrity of the ride.
- In the case of an accident that requires external assistance, assign one rider to attend to the injured person, a second person to phone for assistance and a third rider to direct other users of the path or roadway.
- Keep the group together. Particularly important at intersections where it may not be possible to cross as one group.

Post Ride

On return notify Ride Captain of the ride distance, number of riders, average speed, destination and any incident that may need further investigation. If there has been a reportable accident, supervise the completion and submission of the accident report form to the Ride Captain.