



Arlington Heights Bicycle Club



Ride Leader Responsibilities

- 1.** Encourage safe riding by all members, whether they be experienced or new riders.
- 2.** Prior to ride day, establish your start location, destination, and route. Ride (or drive) the route prior to the scheduled day.
- 3.** List the ride on the club calendar (or get the ride chairperson to do that for you).
- 4.** All members and guests **MUST** sign in on an official AHBC ride sheet that includes the club release and liability waiver. Turn the ride sheet in to the ride chair after the ride.
- 5.** Announce at the beginning of the ride: distance, approximate time, general route, general safety and known hazards and ask that riders keep the leader informed of problems.
- 6.** Before the start of the ride, make sure that new riders understand the pace and ride conditions. If a rider's bike does not appear to be in "rideable" condition, encourage them to reconsider going on the ride.
- 7.** Provide riders with cue sheets. Announce any expected route changes / alterations. Downloadable cue sheets (.gpx) are appreciated in addition to paper cue sheets.
- 8.** Know the number of riders. Utilize one of the following to keep track of riders and regroup as necessary
 - a. Designate a sweep rider
 - b. Split into smaller groups with a leader in each group
 - c. Each rider makes certain that the rider behind them does not lose sight of the group
- 9.** Adhere to the advertised pace of the group.
- 10.** The ride leader is **NOT** responsible for riders that ride ahead of the leader. Inform the other riders that you will not wait for them if they ride an alternate route.
- 11.** Stop for all red lights and stop signs. At stop lights and signs, join the line of cars, don't bunch up.
- 12.** Make sure that all riders know all fellow riders' names. One way is to go around the circle having everyone introduce him/her self.
- 13.** Remind all riders check for correct helmet use (position on head, tightness of strap.)
- 14.** Encourage riders to have identification on their person or to include ICE (In case of emergency) information on the sign in sheet.

Updated 5/14/2021



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