

# Central Jersey Bicycle Club

## Bicycle Ride Leader Guidelines

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1. When a new rider calls for information, evaluate the person's ability to enjoy the ride.
2. Wearing a helmet on all club rides is mandatory.
3. Be prepared to lead your ride:
  - a. Route: Unless it is an exploratory ride, you should have an intimate knowledge of your route including alternate routes in case of emergencies. If you are not sure of alternate routes, bring appropriate maps. When planning a route, consider rest rooms and food stops.
  - b. Emergency Repairs: It is not necessary to know how to repair every possible breakdown, but it is a good idea to carry some extra tools that you might not normally carry: chain tool, spoke wrench, long-nose pliers, small adjustable wrench, 4, 5 and 6 size Allen wrenches, Swiss army knife, 2 spare tubes and a patch kit.
  - c. First Aid: Most first aid kits that are easily carried on a bike ride will prove useless in a serious emergency. Know how to get emergency first aid fast.
  - d. In case of an accident fill out an incident report. The original of the incident report should be sent to the address on the form and a copy should be sent to the CJBC P.O. Box.
  - e. Except for extraordinary conditions the ride leader is expected to be present at all rides for which he/she is scheduled. Other arrangements are the responsibility of the ride leader.
  - f. It is highly recommended to carry a cell phone and leave it on and to let the riders know your number in case the rider makes a wrong turn.
4. Riders below the age of 18 must be accompanied by a parent or legal guardian or other adult designated by the parent or guardian.
5. The following should be done before every club ride:
  - a. Circulate the ride attendance/waiver for signatures, emergency phone numbers and cell phone numbers.
  - b. Present a brief description of the ride including mileage, major destinations and lunch arrangements. Ask if there are any questions.
  - c. Introduce new riders or new club members.
  - d. Summarize safe and courteous cycling practices.
6. Control your speed! It is very easy to go too fast, especially when you are in front. You are not responsible for riders that speed ahead of you. If there is a large group, provide a sweep or split into two smaller rides. Your responsibility is to the less competent riders, and your goal should be for everyone to get back safely and to want to ride with CJBC again.
7. Use hand signals and call out warnings to fellow riders.
8. Riders who are disrupting the ride or riding unsafely should be asked to leave.
9. Submit the ride attendance sheet to the awards chairperson as soon as possible.
10. Use common sense.