

TRC Ride Leader Reminder sheet

- 1. Plan your route and scout** the route for any problem areas draw a map if you think you're riders will need it.
- 2. Take a Sign-up sheet** if you anticipate new riders and have a few membership forms.
- 3. As People Arrive introduce yourself** and give all non-members an TRC membership form. If you have a club jersey, wear it.
- 4. Have riders sign the sign-up sheet** and or count heads so you have an accurate count of all riders.
- 5. Explain the route**, detailing any spots where trouble may be anticipated, and where rest or refreshment stops are. Remind riders that they can go back if they feel the ride is too much for them, **but!!!** They must inform the ride leader or the sweep of this.
- 6. Start of Ride:** When it looks like everyone has shown up, review safety rules, including:
 - ✓ Ride single file on busy roads and stay to the right.
 - ✓ Signal your intentions to drivers and other riders, using hand and verbal signals.
 - ✓ Obey all traffic laws, including stop signs and lights.
 - ✓ Do not snake through stopped traffic.
 - ✓ Point out potholes, obstacles, glass, etc to the riders behind you.
 - ✓ Cross railroad tracks at a right angle.
 - ✓ Never overlap wheels.
 - ✓ Wear helmets properly, not loose or pushed back on the head.
 - ✓ Tell riders if they are going to stop or leave the route, to let you know beforehand.
 - ✓ If riders under 15 are present, explain to parents that their child is their responsibility and they must ride directly behind or in front of their child.
- 7. During the Ride: Keep track of riders.** If a group of fast riders jump off the front, they're responsible for following the map and staying on the route.
- 8. Appoint another rider to ride "sweep" at the rear.** Their job will be to keep track of slower riders and help with flat tires or other mechanical
- 9. If you encounter problems with irresponsible or unsafe riders**, especially children, correct them in the interest of other riders' safety and the club's liability. If the problem continues, ask the parent to intervene, and if he or she fails to do so, ask the parent to take the child home.
- 10. After the Ride:** Solicit comments and write them on the back of the sign up sheet. Call any riders you lost. Note any corrections or comments on to the sign up sheet. Let one of the members of the board know about problems or any new riders who may be interested in becoming a member. .