



RIDE LEADER ADVICE

- ❑ Why the Ride Leader role is important
- ❑ Behaviours
- ❑ Ride Leader
 - ❑ Beginning the ride
 - ❑ Route
 - ❑ Script
 - ❑ En route
 - ❑ Communication
 - ❑ Actions
 - ❑ Riding
 - ❑ Road Positioning
 - ❑ Rotations (for advanced groups)
 - ❑ Summary Behaviours
 - ❑ Ride Conclusion
 - ❑ Further Information
 - ❑ Legal Headlines

CONTENTS

Ahead of all rides, NMV recommends that a "Ride Leader" and "Lanterne Rouge" should be designated to keep groups safe and together

RIDE LEADING IS FUN AND IMPORTANT

- ❑ SAFETY and FUN are our two priorities: The Ride Leader's role is critical in achieving both
- ❑ You control the pace and make sure everyone stays together
- ❑ You get to meet new people
- ❑ You get to inspire and motivate people, ensuring your group are enjoying themselves in a safe environment and seeing new places
- ❑ You get to contribute something to your club and the wider cycling community
- ❑ Leading a ride makes you go riding yourself
- ❑ "If you post a ride, you take responsibility for briefing the ride, ie risks, route etc"

BEHAVIOURS

VALUES & ETIQUETTE

- ❑ Understand and ensures the group obeys the Highway Code
- ❑ Friendly, supportive, punctual, flexible, patient, polite, positive, sense of humour
- ❑ Good communicator

PRACTICAL SKILLS

- ❑ Navigational skills - knows the route
- ❑ Aware of what's going on around them on the road
- ❑ Aware of where the group are and if anyone is being left behind
- ❑ Basic roadside mechanic skills helpful
- ❑ First aid - highly recommended. Ride Leader to ride with a First Aid kit

RIDE LEADER: BEGINNING THE RIDE (ROUTE)

- ❑ Be familiar with the route selected and weather for the day
- ❑ Be aware of who you are riding with, experience levels, and that everyone is in attendance (communicate on anyone 'no shows' on WhatsApp that you are leaving)
- ❑ Tell your group about any hazards or difficult sections on the route
- ❑ Confirm to everyone where the planned coffee and cake stops are
- ❑ Give an estimate of how long the ride will take and return time

NMV Rides and Events

Wed, 14 Sept 2022

- 18:00 RP Laps
 - Medium
 - Meet at Ladderstile Gate
 - The Royal Oak
 - [Edit this ride](#)
 - [Copy to a new ride](#)

Thu, 22 Sept 2022

- 08:00 NMV International club trip 2023 Survey
 - Meet at
 - [Edit this ride](#)
 - [Copy to a new ride](#)

Fri, 23 Sept 2022

- 07:00 Coast to Coast Weekend Day 1
 - Medium
 - Meet at Whitehaven Station
 - Keswick at 48k

Event to edit: 2022-09-23T07:00 - Coast to Coast Weekend Day 1

Event Name: Coast to Coast Weekend Day 1

Pace: Medium

Date/Time: 23/09/2022 07:00

Change Route: Select New Route

Route: Whitehaven to Penrith via Keswick

Strava link: <https://www.strava.com/routes/300332458879153514>

Other link: Other Route Link, RWGPS, Komoot etc

Meet at: Whitehaven Station

Distance: 80

Elevation: 1300

Climbs: Whinlatter Pass

Stops: Keswick at 48k, Stop 2, Stop 3, Stop 4

Notes:

Rider List:

Ride Leader	Lantern Rouge
Kevin	Kevin
John	Lella
Jeff	Rider8
Rider7	Rider9
Rider9	Rider10
Rider11	Rider12
Rider13	Rider14
Rider15	Rider16

User/pwd: Simon D

ModID: last modified

Submit

Delete Coast to Coast Weekend Day 1

C2C day 1 - 9.9.22

Map showing the route from Whitehaven to Penrith via Keswick. Key locations include Manyport, Cockermouth, Keswick, and Penrith. The elevation profile shows a maximum of approximately 300m.

RIDE LEADER: BEGINNING THE RIDE (SCRIPT)

Obligatory	Optional
Introduce yourself	Confirm hand signs and calls used on the ride (depending on group experience)
Introduce the ride - average speed, distance, terrain, and ride length (time)	Check that riders have performed an "M check"
Check attendance and ask about any injuries or medical concerns	If there are riders who haven't been on a NMV ride, explain how we lead
Confirm that ride is "non drop", i.e. no one gets left behind	Road positioning and group riding
Confirm Lanterne Rouge (no one to be behind LR)	
Mention known risks and hazards (road surface, narrow or busy roads) or weather concerns	
Where the planned stops are and when	
Check riders have food, drinks, correct clothing, and spare inner tubes/repair kits	
Ensure group clear that if a split happens (junctions/climbs) the front group will soft pedal until group comes together	
If group needs to stop, it needs to be in a safe position, ideally off road and away from bends and junctions	

RIDE LEADER: EN ROUTE

COMMUNICATION

- ❑ Hand signals and main cues
- ❑ Keep cues short and distinctive
- ❑ Consider residents and what's around you (i.e., horse-riders, pedestrians etc)
- ❑ Inform riders to shout "ease up" if they are falling off the back
- ❑ Lanterne Rouge & penultimate riders to look/listen for potentially dropped riders and pass message through the group to "ease up"
- ❑ Riders call "Back on" when reintegrated to the group



RIDE LEADER: EN ROUTE

ACTIONS

- ❑ Check you have all riders - regular shoulder checks
- ❑ Check for traffic, constantly scan the road around you
- ❑ Watch for car doors opening / cars exiting out of driveways
- ❑ Yield for pedestrians and horses
- ❑ At junctions, check whole group can get through. If not, slow up and regroup after junction
- ❑ Pedal easy after traffic lights, roundabouts, turns etc to allow riders at the back to catch up
- ❑ Communicate when to stay together as a group and when to ride at own pace (e.g. longer hills) and where to regroup

RIDE LEADER: EN ROUTE

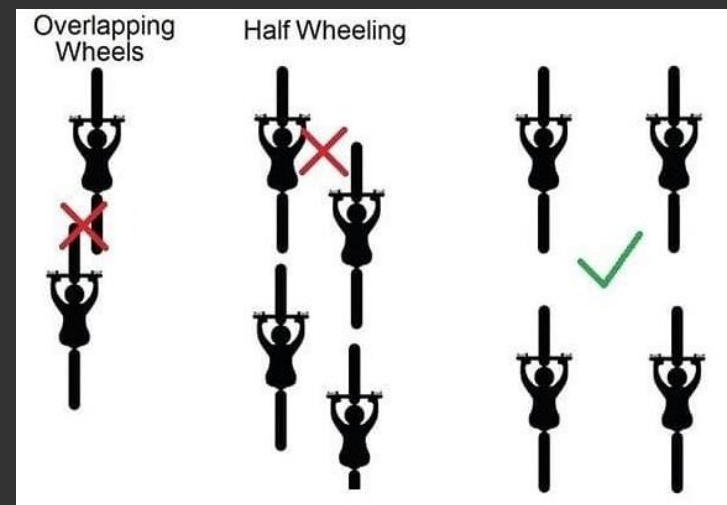
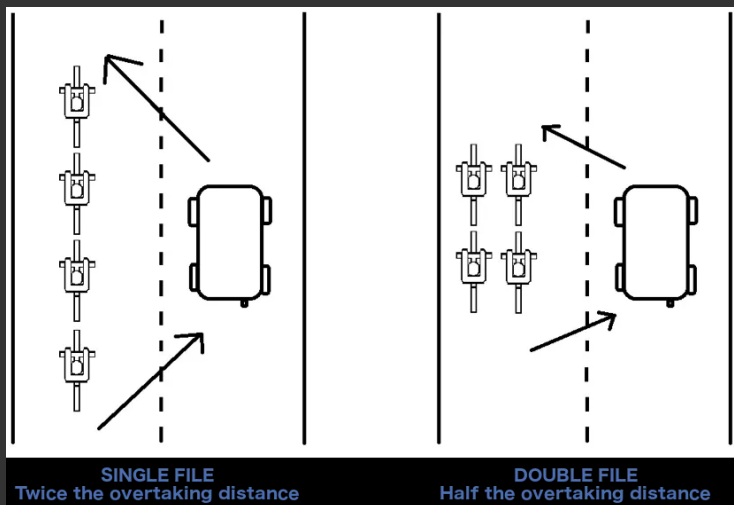
RIDING

- Ride at advertised pace where possible
- Take into consideration terrain and wind
- Ride smoothly
- If some riders are clearly too fast (pinging off the front) or too slow for the group, address at the first regrouping point or sooner / consider splitting the ride into 2 groups
- Do not leave behind or lose anyone
- Don't swamp cars at traffic lights
- Ask permission from horse riders if ok to pass (slowly and don't free wheel)
- Ensure riders inform others when passing thru the group

RIDE LEADER: EN ROUTE

ROAD POSITIONING: SINGLE vs DOUBLE FILE

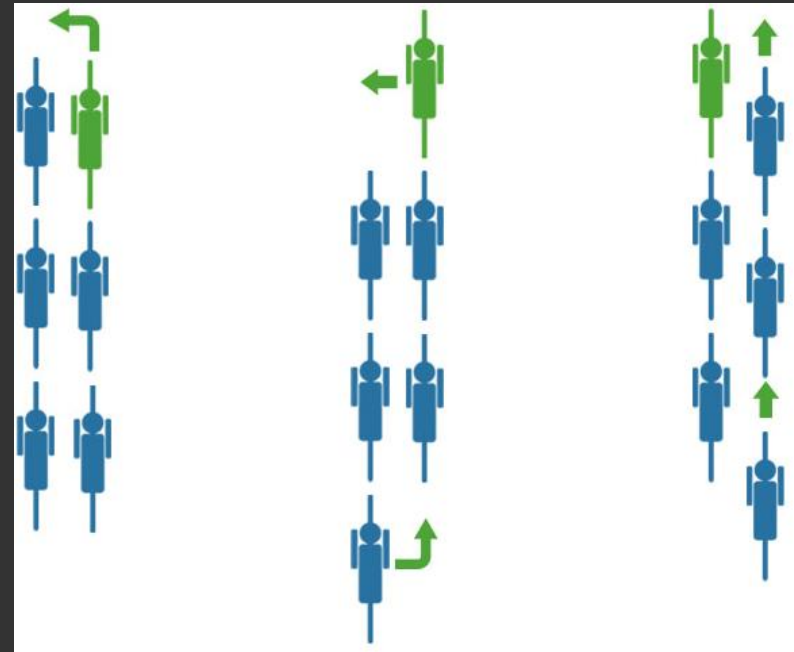
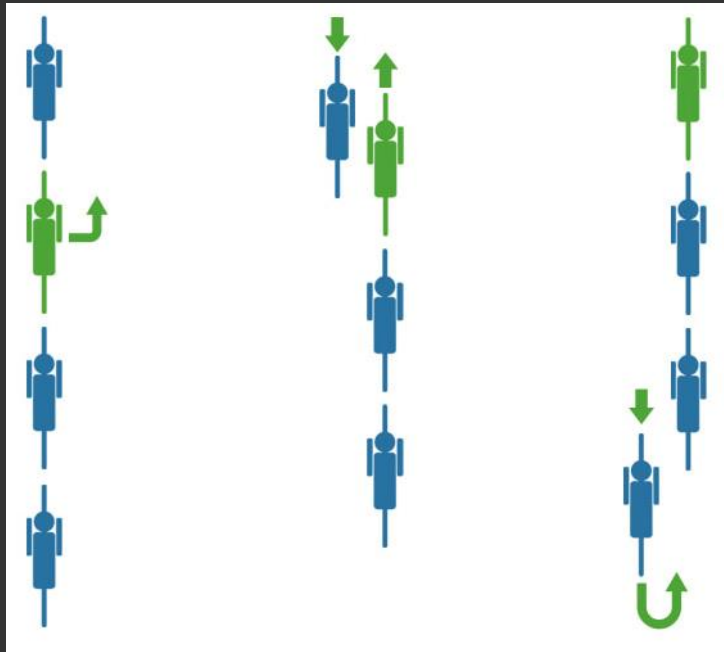
- ❑ Ride two abreast if possible but go single file on busy roads / where appropriate
- ❑ Think what is best for the group and other road users
- ❑ Be pro-active (e.g. single file ahead of narrow, steep descents and keep more space between riders)
- ❑ Communicate changes from single to double file and vice versa
- ❑ Half Wheeling or Overlapping wheels is not allowed and dangerous



RIDE LEADER: EN ROUTE

ROTATIONS FOR ADVANCE GROUPS

- You don't have to rotate your group, but if conditions permit, the road is clear, weather is good, and the group is experienced, rotation can be sociable and fun



RIDE LEADER: EN ROUTE

SUMMARY BEHAVIOURS

- ❑ Constantly monitor the group, speak up, and tell riders what you need them to do
- ❑ Follow the Rules of the Road
- ❑ Dynamically assess the group and route as the ride progresses
- ❑ Make decisions early to ensure riders are kept safe
- ❑ Be assertive if you need to, in order to keep the group together
- ❑ Try to speak to all riders during the ride - this allows you to check in with them

RIDE LEADER: RIDE CONCLUSION

- ❑ Check at the café stop where/when people want to leave the group (if any), so you get to say goodbye and thank you them for attending
- ❑ Double check attendance - hopefully, you've not lost anyone!
- ❑ Fill out the BC incident form if applicable
- ❑ Finish on a positive note
- ❑ Start thinking about the next ride to lead 😊

FURTHER INFO

- ❑ Hand Signals: <https://www.sigmasports.com/hub/guides/cycling-hand-signals>
- ❑ M Check: <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-m-check-for-your-bike-in-11-steps>
- ❑ Riding in a group: <https://www.britishcycling.org.uk/knowledge/skills/get-started/article/izn20180503-Riding-in-a-group---Top-10-tips-0>
- ❑ Holding a wheel: <https://www.youtube.com/watch?v=9A2k301SOiQ>
- ❑ Incident form: <https://www.britishcycling.org.uk/clubs/article/20140530-Useful-Documents-for-clubs-0>

Legal Headlines

- ❑ As a British Cycling Affiliated Club, NMV club officials are covered by Third party (public) liability insurance which indemnifies the club and its officials against their legal liability for personal injury, death and/or property damage to a third party arising from their negligence
- ❑ “Officials” are the individuals responsible for the activities of the club. They do not need to hold a formal title (e.g. chairperson, secretary, treasurer, etc.), but to be classed as a ‘club official’ a person must be acting on the club’s instructions and have been appointed beforehand by the club to take responsibility for a club activity or to perform a specific task in relation to the
- ❑ The club and its officials are insured to organise and manage the club’s normal activities. This includes club rides, coaching, leadership or cycle training activity, training sessions and any other activities designed to develop the sport and those participating in it, and also activities designed to attract new members which includes, for example, fundraising, club promotional activities and club socials.
- ❑ The club and/or its officials (including the ride captain or leader) are covered for the organisation and management of a ‘club ride.
- ❑ Individual participants are not covered by the club insurance and so are advised to become a Race Gold, Race Silver or Ride member of British Cycling to ensure they have the benefit of individual third party (public) liability insurance. Only official club activities are covered by club insurance. Cycle sport competition, races, time trials and other open cycle events are not included in the club’s insurance cover
- ❑ More detail can be found here: <https://www.britishcycling.org.uk/clubs/article/20151103-membership-static-Club-insurance-Q-A-0>