

## **Pedal Power ACT Inc**

### **Briefing of participants before the start of a ride**

Before the ride starts, ride leaders should advise participants of the ride details and requirements. The following list is a guide to the types of things you can address, but some may not be appropriate to your ride and there may be other things that you should address.

Select content as appropriate to your ride.

- Welcome riders and introduce yourself
- Check that all riders have signed on (using the Pedal Power sign on sheet)
- Advise route, terrain and road surfaces
- Mention any known of possible hazards along the way such as cars, trucks, potholes, road works, etc
- Advise how long you think the ride will take
- Advise any locations for regrouping, water and food
- Ask participants to advise you (or someone else on the ride) if they are leaving the ride before the finish
- Advise the bike path rules: keep left, stop off the path, give way to pedestrians, and watch out for oncoming bicycles
- Advise the road rules: obey the traffic rules, keep left, stop at red lights and stop signs, use cycle lanes when they exist, take care in traffic
- Advise group etiquette and signals: call out when slowing and stopping, point out hazards to following riders, signal when turning
- Ask if there are any non Pedal Power members present, and if so encourage them to join
- Advise that Pedal Power public liability insurance covers financial members only and that others may be at risk
- When appropriate, designate a tail end person(s). Give them a copy of the cue sheet, map, or ensure they know the route.
- Inform the group “if you ride ahead of the leader or behind the tail end person you are on your own”.
- Get those present to say their names and introduce new members.
- Give other pertinent advice as appropriate.