

## Welcome and Introduction

Welcome to the BBC - Ride Name Ride.

I'm Ride Leader Name and I I'm your ride Leader.

We also have Helper Names to support this ride. (if someone is Sweeping etc)

This is a "BBC Ride/Event" and as such all BBC Club Members are covered by our Club Insurance policy. If for some reason, there is an injury and or accident during this Ride and you suffer physical injury a claim can be filed for review.

Ask How many people here are BBC Members.?

Ask How many are riding a BBC ride for the first time?

Explain that for those that are not members they can ride with us but please be aware that they are **not covered by the insurance** and they are agreeing to **not hold any BBC members liable** during the ride including me the Ride Leader. They can ride with us but If they do ride with us they are agreeing to those terms. They can join the Club by visiting our homepage and choosing the Membership link to sign up and sign the waiver.

The route for today is "xx" miles – briefly describe the route.

Ask if they have downloaded the Route if it was posted on a ride app or the BBC RWGPS site.

### Ride Group Levels

Explain the Riding group levels you have chosen for the ride with the expected Average Speed  
Example "A" – 18+ MPH average, "B" – 16-18 MPH Average, "C" – 14-15 MPH Average  
If you have multiple groups, make sure you have a person to Lead each group.

Explain the Ride protocol

Example – This is a no drop ride with regrouping at Stop Signs and Major Turns along the route  
Let the ride leader know if riders are falling off the back.

(Or This is a Drop ride and every rider for themselves)

Talk about the Rest Stops, how far and how many. Ensure to explain that it is a self-supported ride if BBC is not providing refreshments

### Re affirm Riding Etiquette

1. Ride safely and responsibly.
2. If riding a double pace line explain how you want them to come off the front.
3. No over lapping wheels – Protect you front wheel at all times

4. Single Pace Line when you come off the front make sure traffic is clear and pull to the left and then fade to the back of the line. Give everyone a chance to pull up front.
5. Do not take long pulls and become tired as you could fall off the back later. Let everyone share the work.
6. If you don't want to pull then just ride through and pull to the left and fade back.
7. Please hold a steady pace while pulling and do not increase the pace significantly when you take the pull. Let the last person that pulled get back into the pace line before bringing the speed up.
8. Do not drink and or eat in the pace line. Wait until you get to the back of the group. Potential to drop a bottle or lose control of steering while reaching for food is significantly higher. You don't want to be that person that caused an accident because you dropped your bottle.
9. Communicate – Communicate – Communicate. It's ok to use your voice during a ride. Call out holes and point as well so that riders know exactly where the hazard is. When you are slowing down let other know by yelling "Slowing" and or "Stopping" if you plan to Stop. Yell "Standing" if you plan to Stand.
10. If it's a windy day and you plan to ride in an echelon formation be sure to explain how you see that going. For example – only on low traffic road, no crossing the center line, ensure that there are no overlapping wheels so that riders can quickly get back to a single paceline if traffic approaches from the rear. Explain which side you fall back on. If the wind is from your right-hand side you fall back on your right. If the wind is from the left, you fall back to your left.

Enjoy the Ride!!!