

SAFETY MEASURES

AVOID POOR RIDING BEHAVIOUR

- Being unpredictable
- Riding more than 2 wide or too close to the centre line
- Failing to shoulder check
- Riding faster than the established pace
- Wearing ear buds

BIKE ISSUES

Riders are responsible for their own maintenance and repairs. Groups should stop and wait

RIDER ISSUES

- Ride Leaders are responsible for the group
- Offer nutrition, drinks, and a safe way home if abandoning ride
- Issue warnings to reckless cyclists and remove from ride if necessary
- Stop ride and wait for uninvited guests to separate from the group

INJURED CYCLISTS

- Stay calm and delegate responsibilities
- Check for danger and assign someone to direct traffic
- Identify mechanism of injury and minimize further injury
- Don't move victim
- If in doubt, call 911
- Send incident information to club executive
- Administer first aid to the best of your ability or delegate



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RIDE LEADER ROLE

The ride leader's role is to ensure that the ride is safe and enjoyable while following the club's risk management plan and ride guidelines.

If at any point, safety of a rider is questioned, stop the ride.

A ratio of one ride leader for every twelve riders is recommended.

RIDE LEADER GUIDE

MANITOBA CYCLING



RIDE STEPS

BEFORE THE RIDE

- Verify the activity, location and time
- Weather Cancellation Call: This can be made by the Ride Coordinator, Ride Leader, or someone else appointed by the club and will be in accordance with the weather policy outlined in the club's Ride Guidelines.
- Arrive early and come prepared with the recommended pack list:
 - bike and helmet in good working order
 - spare tube, patch kit, pump and tire leavers
 - cell phone
 - water bottles and snacks
 - MCA Sport Injury Report
- Check memberships:
 - Must be members of the club and in good standing
 - Must hold valid MCA race license or General Non-Racing Membership

PRE-RIDE MEETING

- Introduce yourself and other ride leaders
- Speaking points:
 - describe route and rest stops
 - any hazards along route
 - when and where to re-group
 - group formation (single file, echelon rotation)
 - communication within group
 - inform ride leader if abandoning ride
 - introduce new riders

PRE-RIDE MEETING (CONT.)

- Group Formation:
 - keep group sizes manageable, if too large, split into smaller groups
 - groups can be formed based on varying speed and ability levels
 - do a headcount of number of riders in group
 - faster riders leave first, allow a few minutes between groups
 - separate groups, allow for 100m gap minimum between each group

DURING THE RIDE

- Start on time
- Set a safe example
- Signal turns and obstacles appropriately
- Obey traffic laws
 - Stop at all stop signs and lights (one foot down)
- New riders:
 - pay attention to new members
 - answer questions or refer to someone who might know the answer
 - identify and correct problems early
- Group etiquette:
 - ride at the advertised pace
 - follow advised route
 - regroup whenever possible if group has broken apart
 - if stopping, ensure riders have pulled themselves off the road
 - always stop at indicated rest stops
 - keep track of riders to ensure all have completed the ride safely
 - check-in with group, provide feedback and encouragement
 - In case of an incident, send a report to the club executives immediately after the ride

WHO IS A RIDE LEADER?



A ride leader, marshal or host is a cyclist who has the skill, experience and leadership abilities to help guide others, ensure safety and provide overall enjoyment during a club ride.

They are not expected to be at the front pulling the group the entire ride but mingling and integrating to ensure the overall cohesiveness of the group.

They will be the first point of contact for troubleshooting issues, safety concerns or if an injury occurs