

April 4, 2013

Ride Pace

Category A - Faster pace, 17+ mph avg

Category B - Intermediate pace, 14 -16 mph avg

Category C - Moderate paced, 12 - 14 mph avg

Category D - Very easy, 10 -12 mph avg

Category MTN off road; mountain bike required; pace varies

Ride Schedule (March – October)

- General information pertaining to regularly scheduled rides are posted on the CSO calendar and sent out via a weekly email each Monday. Each calendar entry includes the Ride Leaders name, email, and phone# so you may receive inquires regarding your ride.
- Ride Leaders are encouraged to send out more detailed information via Google Groups each week with regard to any modifications to the ride, specific routes, weather concerns, etc.
- New this year is a “green” concept with regard to cue sheets, therefore, ride leaders need to include the cue sheet either on the calendar or their email notice and remind rider to bring their own.
- Any last minute changes (weather, cancellation, ride leader change, etc) should be conveyed via Google Groups.
 - If for some reason, you are not able to lead the ride – you can send out a message that the ride will be considered a “pick-up” ride

Things to have on-hand:

- **Member List:** Each Ride Leader will receive a copy of the member list that contains emergency contact information. This file can be stored on a cell phone.
- **Club Liability Sheet:** Guest riders may ride with the club one time and are still required to sign the CSO Liability sheet
- **Cell phone** - Carry a cell phone on the ride
- **Supplies** - Ride leaders should have a stocked saddle bag
- **Cue Sheet:** While it is the responsibility of each rider to bring their own cue sheet, the ride leader should have 2 or 3 on hand

Pre-Ride Checklist

- Try to arrive at least 15 minutes before the ride start.
- Count riders at start of ride.
- Helmets are required – If no helmet, no ride with the CSO group
- Introduce the ride (destination, duration, distance, special features, special hazards/problems, confusing turns, location/timing of food/lunch stop(s), toilet stops)
- Traffic laws - Follow the MD Vehicular Law- a bike is a vehicle
- The pace – maintain pace per posted CATegory. Announce that faster riders can go ahead put let them know they are on their own.
- Ask all riders to make leader or sweeper aware when dropping from main group.
- Most ride leaders lead from the front/middle [Choose a sweeper, preferably beforehand]
- Single file on crowded roads
- As leader, call out re cars, potholes, braking, etc. - use your voice and hand signals
- Ride leader is encouraged to diplomatically point out any illegal or unsafe riding behavior to riders. This can be done during or after ride as appropriate.

What To Do In Case of an Accident on a Group Ride

- Although we all try to ride safely, accidents will happen. If you are the ride leader, please follow this coordinated emergency response, which should cover all the essentials. Ideally there will be 4 people, each prepared to take on one of the following roles so they can be done simultaneously. Otherwise, some may have to be done in sequence. You should take control and assign tasks.
- Crowd Control. Get other riders and bicycles out of the road and away from the victim.
- Protect victim from traffic if victim is on the road. If possible to do so without risking your own safety, position yourself between the victim and oncoming traffic. Direct traffic around the victim. You can use your bike as a barrier to make yourself more visible.
- Check victim for Road ID information and have that ready for contacting family and/or 911
- Call 911. The most important information is location. Try to provide name of town as well as cross streets. If possible, give information about what happened and condition of the victim(s).
- Attend to the victim. If there is anyone who knows CPR or has more advanced training, they should take this role. If you don't have any training, just keep the victim from further harm:

- Don't move or allow the victim to move head or trunk unless absolutely necessary (moving can contribute to paralysis if there is spinal injury).
- Don't remove their helmet.
- Don't give food or water.
- If they are conscious, talk to them. Just make sure they don't nod or shake their head in response (don't want them moving head or neck).
- Let them know help is on the way.