

# Guidelines for Ride Leaders and Sweeps

## Leaders:

It would be wise for leads to have checked out the ride details prior to ride day to guard against pathway closures etc.

1. Post ride details on FLC Ride Sign Up page, including start time, info on length of ride, speed of ride 20 kph or less, ride complexity with number of hills, directions to the Starting Location.
2. On the day of the ride, determine weather conditions and if necessary, cancel the ride before 8 AM so all registered riders will receive an automatic email notification.
3. Print off the Ride List on the morning of the ride.
4. Use Ride List to check to see if they are all present before proceeding.
5. Ensure all cyclists are on your list are club members.
6. Inform Sweep and the group of your plans for the ride of the day, hand signals and pathway/ safety rules, such as riding single file.
7. Introduce the Sweep and any new cyclists.
8. Identify bathrooms along the way and allow time to use them.
9. Leave at 10 promptly (or other designated ride start time).
10. Set and maintain the appropriate speed for your ride level. Remember that 20 km is the speed limit for Calgary Pathways. Follow the lower posted speed limits downtown, in some parks and close to hospitals. Slow down in congested areas.
11. Continually check your pace to ensure it does not become too fast for the cyclists on the ride.
12. Wait for all cyclists to cross an intersection before proceeding. Also wait at corners to ensure no one gets lost or ask for a cyclist to stay at the corner until they see the sweep.
13. Stop occasionally to ensure all cyclists catch up to the group, and to allow for a brief break for all riders especially at top of hills.
14. Should a cyclist need to abort the ride, the sweep needs to inform the leader, and together ensure that the cyclist is accompanied by another cyclist to ensure their health and safety.
15. Should a cyclist become injured, the leader must ensure that medical assistance is sought, and appropriate action taken to remain with the injured club member until help arrives.

## Sweepers:

1. Follow at the end of the group to ensure no one gets lost.
2. Be of assistance if needed.
3. Encourage slower cyclists to place themselves near the end of the group to allow other cyclists
4. to keep momentum going up hills.
5. Use your walkie – talkie to communicate with the leader and let him/her know if you are
6. having problems or that you are OK and that all cyclists are across the intersection, etc.
7. Remind cyclists of the rules of the pathways, if necessary.

Always remember to be safe and courteous ambassadors for the Old Spokes Cycling Club on the pathways.