

## Ride Leaders and Sweep Responsibilities

See [Ride Leader Training](#) for full details.

### Leaders:

1. Selects the route and posts the ride in the appropriate ride level 2 weeks before the ride with signups normally allowed 1 week before the ride
2. When applicable looks for a Group 2 leader (for tandem rides) and provides them with electronic or paper directions. The best way to do this is to go on a scouting ride with them.
3. Before 08:00 on the day of ride the ride leader logs in and:
  - Prints and reviews the Rider List. Riders must be members of both FLC and Cycling to ride. Leaders can also use this list to check off attendees as they arrive
  - If required, cancels the ride (e.g. due to weather). This will generate a ride cancellation email that is sent out to all the signed up members.
4. Informs the group of your plans for the ride of the day and reviews rules (insert link for Cycling Club Rules here)
5. Introduces the Sweep and any new cyclists and asks them how they found out about the Club
6. Leaves at the posted start time.
7. Adjusts pace for the slowest rider(s) in the group
8. Stops for points of interest, bathrooms, rest breaks (e.g., top of hills) and to regroup (e.g. after crossing an intersection)
9. Waits and regroups at corners to ensure no one gets lost and/or uses corner guiding.
10. For groups with eBikes wave the eBikes ahead to climb larger hills. eBikes don't mix well with pedal power bikes when hill climbing
11. **REMEMBER:** The slowest rider sets the pace for the ride. As leaders, our #1 concern should be that every rider safely enjoys our excursions.

### Sweeps:

1. Follow at the end of the group to ensure no one gets lost.
2. Be of assistance if needed.
3. If a rider plans to leave the group before the end of the ride they inform the sweep
4. If a rider cannot continue the ride (e.g. tired or mechanical problems) a member of group should escort them to a point of safety.
5. In a medical emergency the Sweep and Leader immediately stop the ride and call 911 and stay with the injured person until medical help arrives on scene
6. Encourage slower cyclists to place themselves near the end of the group to allow other cyclists to maintain momentum going up hills.
7. Use your walkie – talkie to communicate with the leader and let him/her know if they have to wait.
8. 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