

FLC Cycling Club Ride Leader Training

1 Season Schedules

The Ride Coordinator's priority is to set up a Season Schedule for each ride level. Ride Leaders are needed to sign up for specific dates. Then members can view these Schedules to get a sense of upcoming rides over our cycling season, and to plan accordingly.

There are approximately 68 scheduled rides per level in a season so if each Ride Leader commits to lead 4 rides per year, we would need 17 ride leaders per level. For tandem rides of larger groups, with the preferred staggered start groups, we would need 34 ride leaders.

Ride Leaders are needed to construct Season Schedules:

See these instructions for [How to Sign Up as a Ride Leader in Season Schedules](#)

2 Additional Rides

Additional rides allow some flexibility for Ride Leaders in the following situations:

1. A ride is cancelled due to weather and the normal schedule is already filled.
2. A ride leader is available to lead but is not available on the regular scheduled days.
3. Small test rides are offered to determine interest for other days of the week.

Posting the ride two weeks before the ride is preferred. The ride can be any day unless it conflicts with a scheduled ride of the same level on the same day.

If you would like to lead an additional ride please send a contact request to cycling@flcseniors.ca with the subject "Additional Ride" and Brock B will contact you.

3 Planning your route

Planning ride routes is the heart of our club activities. Providing some variety keeps members interested and motivated to consider their own routes as ride leaders.

See these instructions for [How to Plan your Ride Route.](#)

4 Building New Routes Using GPS and Other Map Tools

GPS device or phone software for mapping your ride is encouraged but not mandatory. It helps you get important ride info such as distance and total climb. This provides useful ride details to add when setting up your Ride.

There are a number of mapping tools available to help you plan your Ride routes.

See these instructions for [How to Build New Routes Using Mapping Tools](#)

5 Posting Details and Filling out the Ride Signup form

Rides Details are very important. As leaders we do a lot of work preparing the Ride, so it gives us satisfaction when people sign up for our ride. We should design our rides to attract riders to join us and we want to ensure our prospective riders understand what they are signing up for. Our riders will enjoy themselves when they sign up for a ride that meets their cycling ability and expectations.

See these instructions for [How to Post Ride Details and Fill Out the Ride Signup form](#)

You may want to print a copy to keep handy.

6 Tandem Rides

Tandem rides are an option to split a large group (16 or more) in two smaller groups. Usually, one group follows the first group with some space left between to be able to manage two smaller groups. This enhances safety at intersection crossings, and in monitoring riders.

However, this takes some planning. **See these instructions for** [How to Set Up a Tandem Ride](#)

7 Ride Day Guidelines for Ride Leaders

Ride Leaders play a critical role in preparing their riders before commencing the ride. Become familiar with these Guidelines for Ride Leaders and Sweeps and ensure that you consistently follow them.

See these [Guidelines for Ride Leaders](#)

Miscellaneous Resources and Guidelines

1. Industry Canada Radio Equipment List <https://bit.ly/3HvcuZ8> :
If your radios are not on this list they are not authorized for use in Canada.
2. Calgary Police Service bicycle safety webpage with links <https://bit.ly/372JawQ>
3. Alberta eBikes Regulations (Power Bicycles, Section 7)
https://www.transportation.alberta.ca/Content/docType41/Production/small_vehicle_booklet_final.pdf
4. City of Calgary bike path bylaws <https://bit.ly/3uwvfXC>