

FLC Seniors Old Spokes Cycling Club
Possible Website updates June 2017

NEW Leader and Sweep Responsibilities page can be linked at the top of the Ride Sign Up page.

Leaders:

1. Post ride on FLC Ride Sign Up page.
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 as club members. Our insurance does not cover any other cyclists so they are not allowed to be part of our group.
6. Inform Sweep and the group of your plans for the ride of the day.
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 correct speed for your ride level. Remember that 20 km is the speed limit for Calgary Pathways.
 - a. Level 1: 13-17 km/hr
 - b. Level 2: 18-20 km/hr
 - c. Level 3: 20 km/hr
11. Continually check your pace to ensure it does not become too fast for the ride level.
12. Wait for all cyclists to come across the intersection before proceeding on.
13. Stop occasionally to ensure all cyclists catch up to the group, and to allow for a brief break for all riders.
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 to keep momentum going up hills.
4. Use your walkie – talkie to communicate with the leader and let him/her know if you are having problems or that you are OK and that all cyclists are across the intersection, etc.

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