

Sumter Landing Bicycle Club Leader/Sweep Meeting 10.19.17

Bob Dodds, Ride Leader/Sweep Committee Chair
Sumter Landing Bicycle Club



To selflessly take responsibility for a group of cyclists and doing our utmost to achieve a safe and pleasant ride experience.

Your Mission as Ride Leader/Sweep



Ride Leaders perform two important functions for the SLBC. As cyclists on the road, Ride Leaders act as both Good Will and Safety Ambassadors for the SLBC and cyclists in general.

Your Purpose



Being a ride leader is not easy, but it is very rewarding.

When thinking about what is expected of a SLBC ride leader, think about the job of a Domestique in cycling. The definition of a domestique is a road bicycle racer who works for the benefit of his team. Our club riders will look to you for guidance during the ride, assistance with a breakdown or flat, or just plain motivation and entertainment during the ride. Your leadership, assistance and motivation will help our riders have GREAT rides and a wonderful experience!



- A = usually experienced riders, closely-spaced possibly rotating pace lines, 20+ mph paced, infrequent stops, and the presumption that individual riders can be entirely self-sufficient
- B = less tightly-spaced lines, occasionally rotating leaders, 17-20 mph paced, more frequent stops, no-drop policy
- C = widely spaced lines (with little drafting benefit), leaders usually pull for entire ride, 14-16 mph paced, frequent stops, no-drop policy
- Social = widely paced lines, leaders pull the entire ride, 12-14 mph paced, frequent stops, no-drop policy

Rider Types



- Remind riders to share the road respectfully with other cyclists, drivers, and pedestrians.
- NEVER pass on the right, only the left.
- When passing cyclists allow 3 feet clearance and call out “on your left”
- Ride single file
- Ride in the right tire track whenever it is reasonable and safe to do so.
- When climbing a hill, stay to the right and pass only 2 wide, returning to single file as soon as practicable.
- Always use hand AND voice signals, such as “stopping,” “slowing,” “left turn” etc.

Ride Leader Expectations





left turn



right turn



right turn



stopping



slowing

Hand signals



- Riders are required to
 - wear a helmet
 - have hydration (water bottle, camel back etc.)
 - have a rear facing mirror
 - to sign a waiver or join the club
 - be courteous to all road users

Rider Expectations



- At the ride start describe the route, including distance and the pace (cruising speed).
- Call out and point to conditions such as holes, glass, doors etc. and expect everyone on the ride to do the same.
- Make riders aware of their responsibility to focus on their own safety in situations such as intersections, stop and yield signs and turns.

Ride Leader Expectations



- Inform the ride starter of your anticipated riding pace, destination and distance
- When more than 10 riders are present on your ride, organize your ride into sections of 8 or fewer riders
- Appoint section leaders and sweeps. Do not leave the start area until section leaders/sweeps are identified
- Allow faster rides to leave first

At the Ride Start



- A guide to navigate the route.
- A friendly cyclist to explain the mental and physical challenges of the ride.
- A person to help a cyclist change a flat or make a minor adjustment or repair.
- A cheerleader to encourage safe and fun riding.
- The person in charge in case of an accident.

What Leaders Are



- Law enforcement - Leaders should state the law but not try and enforce it. All riders take responsibility to obey the law.
- Babysitters - Riders should be allowed to go at their own pace but not hinder the pace of the greater group.
- Medical professionals - If there is any injury, dial 911, secure the scene, provide limited first aid as your training allows and wait for emergency personnel to arrive.

What Leaders Are NOT!



Ride Leaders on the scene of an accident should follow the procedure described below:

- Check the Scene.
- Don't put yourself in danger.
- Appoint one person to interact with law enforcement
- Take precautions so that the remaining cyclists on the ride are safe.

Accident Scene Procedures



- Check the victims and provide assistance.
- To the extent of your training, check accident victims for vital signs and act accordingly.
- Ride Leaders should provide First Aid to injured cyclists until assistance arrives. Do not go beyond the training you have received.

Accident Scene (injuries) Procedures



- **Do Not Move** an injured cyclist that is lying on the ground, even if they are in the middle of the roadway. Moving an injured cyclist could cause severe damage if there is injury to the neck or back. This is especially true if cyclist has lost consciousness. Keep the cyclist down until medical attention arrives.

Accident Scene (injuries) Procedures



- Request assistance. If you need additional help and another Leader/Sweep is not available to assist, pick-out a specific person on the ride and give them instructions.

Accident Scene (injuries) Procedures



- Assist other emergency personnel. As directed by EMS, Police or emergency personnel, provide whatever assistance possible. At accident scenes, offer your assistance to the extent of your first aid training or as directed by proper authorities, i.e. help carry or assist accident victims to walk to ambulance or side of roadway.

Accident Scene (injuries) Procedures



- Only local police have the authority to control traffic at road intersections. The SLBC does not authorize Ride Leaders to take on the responsibility of directing automobile traffic.
- The leader/sweep should ensure that riders are safe.

Accident Scene Procedures



Aerobars - While aerobars are permitted on bikes, usage is not permitted on SLBC rides.

Helmet Rule - Cyclists without helmets are not allowed on any SLBC Ride.

- Ride Leaders who encounter a cyclist without a helmet at any time during the ride, should advise the cyclist to put on a helmet or withdraw from the ride.
- Cyclists wearing helmets that are not fastened should be treated the same as cyclists without helmets.

Handling Unsafe or Uncooperative Cyclists



Uncooperative or Unruly Cyclists

- Should an uncooperative or unruly cyclist not follow a Ride Leader/Sweep's specific requests to correct unsafe cycling technique, to wear a helmet, to stop cell phone/earphone usage or become verbally abusive, a Ride Leader/Sweep should inform the cyclist that he/she may be asked to leave the ride and possibly removed from SLBC membership.
- Notify the SLBC president or vice president with the details as soon as feasible after the end of the ride.

Handling Unruly or Uncooperative Cyclists



Uncooperative or Unruly Cyclists

- **Ride Leaders must maintain their composure and walk away from an escalating situation that might become confrontational.**
- Please use good judgment, remain firm, yet polite at all times.
- Do Not Become Physical

Handling Unruly or Uncooperative Cyclists



For any Medical Emergency
Dial

911

As soon as feasible contact the SLBC
president or vice president with the
details of the medical emergency.



It is advisable to have two persons with smart cell phones.

- Person #1 calls 911
- Person #2 uses their cell phone to ascertain the exact location

How to call 911



Changes include:

- Water or hydration in a bottle or camelback
- Leader may appoint a pace setter
- Consider riding double file when stopping in intersections or roundabouts. Single up afterwards.
- In addition to calling out dangers, visually point out debris, holes, sand etc. unless both hands are needed to control the bicycle
- Children under the age of 18 are not allowed on club rides.
- When approaching an attended gate, ride to the right side (resident) gate unless the attendant tells you differently. Slow and prepare to stop unless the attendant opens the gate.

Recent Changes to Compulsory Riding Rules



- ⌘ Before leaving the start location, take a minute to discuss the route with your sweep or if there are multiple groups, leaders and sweeps.
- ⌘ If you commence your route and several unexpected riders join at the last possible moment, the sweep can remedy an overly large group by riding alongside and telling a rider that they are now a pace setter. An additional sweep may also be assigned.

Leader, discuss the route



- ⌘ When turning, proceeding through a roundabout or after a stop, the sweep is the LAST bicyclists to “roll out.” Try holding your speed down until you hear “all through” or “all here”
- ⌘ When the group is about to take a lane, the leader followed by other riders should signal the turn then wait for the sweep to announce “Take the Lane”
- ⌘ “Take the lane” should only be announced when it is safe for all riders to change lanes. (Many trusting riders to not look before changing lanes.)

Be considerate of your sweep



Questions, comments
and possible answers.



Thank You for Leading/
Sweeping!!

