



Rocky Mountain Seniors Ski Club

Guidelines for Leaders

1. For the safety and enjoyment of all, any group with more than 15 bikers must be split and an additional leader appointed.
2. The leader is responsible for ensuring that good order and safety are maintained in the group. This could mean stopping for stragglers or accidents or ensuring someone goes back to assist with a puncture or breakdown.
3. Assess the skills and fitness of the participants and adjust the route to accommodate the participants in the group. Avoid pushing the members in the group beyond their comfort level. Riders who want a challenge can choose to move to a different group.
4. Adjust the pace so riders are neither spread out too far or bunched too close together.
5. In order of preference, use bike trails (or multi-use trails), bike routes, quiet residential streets, country roads, other streets, and lastly highways (which should be avoided).
6. Cycling is only permitted on sidewalks designated for shared use (typically wider than 2.5 metres).
7. Scout out the ride before taking the group on the ride. This ensures there are no unsafe conditions.
8. Before the ride begins, outline the route and advise participants of the location of the refreshment stop. If the group does get split up, members will know where they might catch up. Frequent head counts are helpful.
9. At controlled intersections direct everyone to cross only on the green light. Assure everyone the group will wait for those who miss the light.
10. At uncontrolled intersections direct everyone to cross when there is a gap in traffic large enough for the entire group (if possible) to safely cross the road. Acting in unison, the group proceeds when safe to do so, under the leader's direction.
11. Beyond the intersection the group should wait in a safe place for the stragglers to catch up.
12. Ask one member to serve as a "sweep." This person brings up the rear and makes certain no one is left behind.
13. Keep the group together and collect stragglers by stopping or slowing from time to time. The leader knows everyone is present when the sweep catches up with the leader.