



Our top tips for making a ride go smoothly

Becoming a Ride Leader

- **Speak to someone on your committee so they can register you in order to be covered by our insurance.**
- **Familiarise yourself with Cycling UK's Riding in a Group Checklist (Appendix 2) and our Safeguarding Code of Conduct.**

Before the Ride

- **Work out a route you think your group is likely to enjoy, taking into account: distance; terrain; traffic; refreshments; toilets; points of interest; weather; season; ability of the riders; and any other factors.**
- **Be prepared to vary the ride if any of these change.**
- **Decide how you will navigate: GPS, maps, local knowledge, or a combination of all of these?**
- **Advertise your ride – don't forget to include: the meeting time and place; the approximate distance and pace; likely return time; and other essentials such as what the riders should bring, any planned stops and so on.**

Cycling UK Rider Leader Checklist p2



During the ride

- Find out the names of everyone on your ride – not just for insurance purposes but it's also friendlier. Ask everyone to fill in their contact details on the Signing In and Out sheet.
- Enlist the help of any experienced riders to: keep an eye on newer ones; act as backmarkers; lead a second group; or even act as 'human signposts' at junctions or gates.
- Explain how you will lead the ride: any jargon and hand signals you might use; when and where you will wait for slower riders; how you will deal with traffic and so on but remind each rider they are responsible for their own safety.
- Point out any likely hazards in advance. In the unlikely event of an incident, please complete an Accident/Incident Report form as soon as possible.
- Avoid blocking roads and trails – choose stopping points carefully.
- Keep the ride flowing smoothly but do stop occasionally and give slower riders a rest before restarting.
- Some faffing is inevitable but don't allow it to go on too long or other riders will begin to get cold and restless.
- You have a duty of care to the riders and the public, so if you think someone may endanger themselves or others, have a quiet word; if their behaviour persists, you are entitled to ask them to leave the ride.
- You should lead by example and remain courteous and considerate to all road and trail users, including fellow riders.
- Ensure anyone who wishes to leave the ride is happy to make their own way home.
- At the end of the ride, thank people for coming and let them know details of the next one.

Suggested list of things to bring as a Ride Leader. It's a good idea to carry a few essential items such as:

- Maps or GPS unit
- Selection of small tools, inner tubes, tyre levers and a puncture repair kit
- A fully-charged mobile phone
- Cards or coins for phone box – in some areas there may be no signal
- A supply of: Photo Consent forms; Accident/Incident Report forms; Group Rider Checklist for new/returning riders
- A Signing In/Out sheet

For more ideas, see the Ride Leader Handbook in the Document Hub.