

RIDING IN GROUPS

5 Tips for Safety

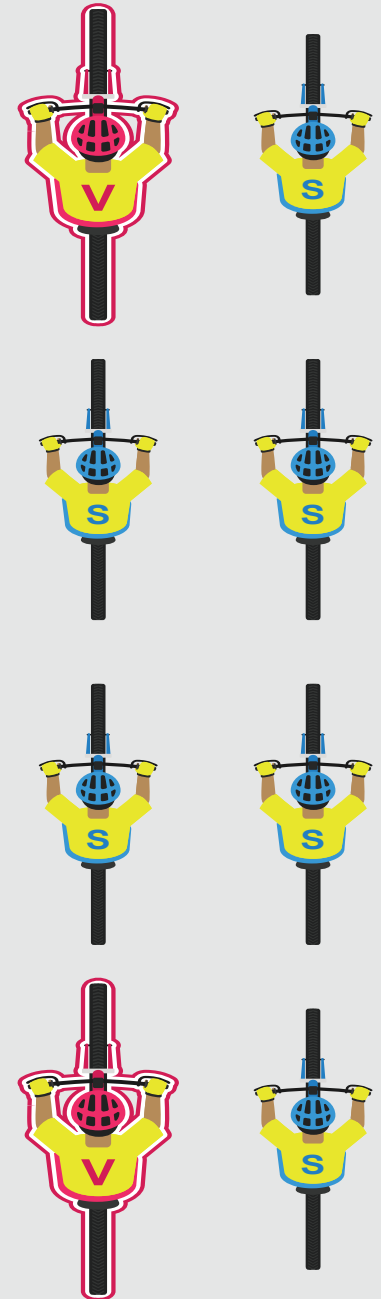
PLAN ROUTE – Plan routes in advance using Google Maps, pre-riding, and/or driving the course starting with shorter, simpler routes and increasing as skills progress. All adult volunteers should have a cell phone and one designated leader (usually the faculty sponsor) should have a bag with emergency contact list, first aid kit, multitool, pump, and spare tube(s).

BE SEEN – Clubs should ride "2x2" (group riding in two parallel lines) for visibility and keeping group compact. A single file line will need to be used occasionally when using narrow bike paths or sidewalks. Practice transitioning from single file to 2x2 and back on campus.

COMMUNICATE OFTEN – Volunteers should be spread throughout the group: There must ALWAYS be an adult ride leader on the first "line" of riders on the left side (closer to the middle of the road) and an adult ride leader at the very back of the group, also on the left side, to ensure no riders are left behind. Additional volunteers should be placed throughout the group, always in the left line of riders.

STAY TOGETHER – Front ride leader should set a sustainable pace for the group and should keep speed relatively low to keep the group together. The ability of the slower riders should dictate the ride's pace.

TRAVEL SAFE – Always strive to have a safe and fun group ride! Unsafe riding may necessitate stopping the group - even one rider's actions can affect the safety of the entire group. All adults and students should use safe and predictable riding habits, hand signals and verbal communication, and all MUST wear a helmet and hi-viz vest.



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Volunteer On Road Positioning

