

BCC Rider Guidelines - New Riders

Here are some hints that might help riders participating in BCC club rides to know what to expect and what is expected of them: **Safety first! Helmets are required on all BCC rides.**

Please, **NO headphones on club rides, and no aero bars in the peloton.** When you wear headphones you are not only endangering yourself, but others who are on the ride. That isn't fair to those you are riding with. **PLEASE FOLLOW THIS RULE!!**

- Pick your rides according to the BCC Ride Ratings to ensure that you do a ride that is suited to your ability and conditioning. The ride will be more enjoyable for you and will allow the Ride Leader to do their job effectively. The best way to start is to know your average speed. Most bike computers will measure this for you.
- Note the terrain rating. You may climb slow and descend fast or vice versa but your average will determine where you'll fit in a group.
- Keep in mind that Ride Leaders may list their rides with multiple ratings of pace and/or terrain to allow for a broader group of riders. Elements of both ratings may apply, be sure you're comfortable with a variety of riders if you choose these rides.
- Understand the ride description or contact the Ride Leader for information about the ride.
- Ride Leaders are not responsible for you if you show for a ride you're not suited for.
- Always keep your bike well maintained and prepared for the ride. A bike that's cleaned, tuned, and lubed is a happy bike and will be reliable and easier to ride.
- A basic flat tire and roadside repair kit is a must. A spare tube and/or patch kit, tire levers, pump or CO2 inflator are must have items. A small bicycle multi-tool and tire boot material are also helpful (some would say necessary).
- Know how to use these things. If you're unfamiliar, Monday night Skills rides cover basic repairs on a weekly basis. Or a bike shop or experienced rider should be happy to teach you. Practice at home so you're comfortable on the road.
- On most rides, there will be others there to help with mechanicals or flats, but have your own supplies.
- Always keep yourself well maintained and prepared for the ride. Eat well and hydrate often.
- Water bottles are a must, all year long
- Dress appropriately for the conditions. Layer in cool temps, breathable fabrics when warm
- Build "base" miles before longer rides.
- Know your limits. Know your skill level – Be realistic. An "A" pace ride moves fast and requires group riding skills. If you can ride 20 mph alone, but if you've never done it in a group, build these skills at a lower pace until you're comfortable with the group (and they'll be comfortable with you)

BCC RIDE LEADER GUIDELINES 2014

24 Members led 10 or more rides in 2013 ,29 Members for 2012, 18 led 10 or more for 2011. We have averaged 23 ride Leaders per season over the past 5 seasons.

As a Ride leader you should be informative and friendly and take special pains to insure new riders know the route and are not left to feel they are not "part of the group". Your actions on club rides may be the lasting impression that new riders remember of BCC.

If you need encouragement for becoming a ride leader, attend Ride Leader Orientation, Volunteer to be an Assistant Ride Leader or contact the RoadCaptain to have a mentor assigned to you and the ride you wish to lead. This way you can quickly pick up on the ins and outs of leading a club ride

Ride Leader Mentoring is a new feature of the 2014 season

NON-DISCRIMINATION POLICY

BCC rides are open to everyone who is willing and able to participate safely and cooperatively. A ride description may specify the rider experience level that the ride is primarily intended for, but with the exception of rides limited to Club Members, or restricted to our Women only event, cannot exclude any group.

This policy is not intended to limit a ride leaders right to suggest that a rider abandon any club event based upon the riders lack of ability, equipment, or actions on that ride or a previous one.

RIDE LEADER PREREQUISITES

BCC members who want to lead a ride must attend a Ride Leader Certification session, to be scheduled up to 4 times during the calendar year. Event dates and times will be listed on the Club ride calendar, and best of all, the Club will feed you.

You must be an Active Member and have attended at least 5 BCC CLUB RIDES - not including pay events
You must be subscribed to the club e-mail list to post notes and cancellations if required for your ride. Be sure to use the email you provided to the club database.

RIDE LEADER CREDIT – CLUB MILEAGE CREDIT

Lead 10 rides for a Ride Leader award, Ride 7 Social 7 Metrics 7 SuperSeries for a "Series" award from the Club. Remember this and tell prospective members on your rides about it!

Ride Leader Credit will be awarded to those who fulfill their ride leader responsibilities including route planning where applicable, providing cue sheets or marked route for Series rides, ensuring that all riders have signed in and have safely returned, and submitted ride results to the Club Statistician.

Fee events don't provide ride leader credit unless you are involved in event organization

Minimum of two riders is required for ride mileage credit on any approved club ride
Club mileage is awarded for ANY in-state event with open registration and approved on the BCC calendar where two members or more participate and a member submits a sign-up sheet

Out-of state events either fee or scheduled club rides require attendance by a minimum of 5 BCC members.

1. SELECTING A ROUTE

Start with a mapping software then Drive it or ride it to finalize your cue or mark the route
Stay off highly trafficked roads unless bike accommodations are in place.
Be careful on multi-modal paths, extra precautions are necessary for horse, stroller and dog traffic.

The Road Captain has many cue sheets available and over 5000 miles of mapped routes that the club uses that are available on www.mapmyride.com. A suggested part of town, or specific starting point may be all we need to come up with a great new route for everyone to enjoy.

2. SCHEDULING A RIDE

The Club Calendar is intended to be an interactive tool to provide the most opportunities for our members to ride a quality event and Ride Leaders to earn their respective awards.

- 2 day notice is in effect for the winter months 1 week notice is required for March and October 2 weeks for April 1 through October 1.

Check the calendar prior to scheduling your favorite ride to avoid duplication or conflict .consider the big picture for all our Club riders. it's a better use of our volunteer manpower if we can share the duties of putting a ride together with short and long legs and multiple ride leaders for one terrific and larger event.

The only Fee event we don't schedule up against is Little Red.

3. BEFORE THE RIDE

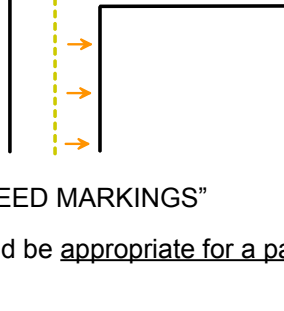
- A. Marked routes are best, especially when the number of turns add up.** There are some inherent challenges in some municipalities. Maps and cue sheets also work well,
- B. FOR 2014 – ALL local “SERIES” ROUTES WILL REQUIRE A MARKED or SIGNED COURSE and be a different course from regularly scheduled daily or weekly club routes unless approved by the BCC Board**

Good bicycle route marking

Marking the route allows us to re-use routes on a regular basis for the entire season.

Plan on refreshing those marks at least twice during the season.

All you really have to do is imagine what people are experiencing as they approach decision points on a bike ride and then do what it takes to remove the uncertainty.

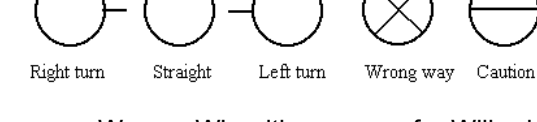


“AT SPEED MARKINGS”

Approaching this intersection at 30 mph – this example would be appropriate for a pay event, probably two marks for a club ride. Only One if the approach is uphill on a slow stretch of road.

1. Consider how fast your riders will be riding. Assume they have no idea where you want them to go.
2. Put a warning mark at least 20-25 long paces before any intersections when speeds are expected to be 15-20 mph
3. Give riders two warnings min. before an intersection for high speed turns or at the bottom of hills,
4. one confirming mark after the turn so they know they're on the right path.
5. Use the same color, style, and size for every single mark you put on the road for that particular route.
6. put ALL marks so your riders get used to looking in the same direction or general location every time.
7. don't place them where a parked car will cover your marks
8. For urban routes – like our weeknight rides the spacings noted previously aren't always possible – and to save time one mark before and after a turn should be sufficient . Placement outside the area where tires roll helps the marks last a little longer.

8. “Dan Henrys” – up to about 10 inches MAX in diameter should be sufficient. Or no larger than a piece of notebook paper This style only works if you don't overlap other routes or use contrasting colors



Right turn Straight Left turn Wrong way Caution

We use W's with an arrow for Willard Bay CR for Coffee Ride with an arrow . B for the Bike n Brew

9. Use common sense and obey traffic laws and watch out for your own safety.

CUE SHEETS

1. Use mileage as your reference point to one tenth of a mile Ex. 1.2 L – Smiths Lane
another option is leg mileage format Ex. Go R for 3 miles
- 2 If a street sign is missing note it, “Ex. L – Smiths Lane –Sign missing” then when signs appear Later down the road , riders can confirm they are on-course.
- 3 Mark landmarks on your cue.
60 MILE ROUTE
START DRAPER PARK –

	N -1300 E
0.5	R – DRAPER PKWY
2.6	R @ T 10600 S
3.1	L@T INTO DIMPLE DELL
5.6	R@T TOP OF HILL
5.8	R @ STOP 9800 S
6.2	R @ T LITTLE C'WOOD RD

4. DAY OF THE RIDE

- A. Arrive in plenty of time** at least 20 minutes before departure time is recommended.
- B. Begin the ride promptly** at the advertised time..
- C.** If the weather is marginal, go to the start. If thunder, lightning, or driving rain or snow are imminent – its better to cancel at the start than expose our riders to hazards
- D.** For cancellation or start-point relocations far enough in advance, the night before or morning of – post a note to the email list and re-schedule on the ride calendar – adding CANCELLED to your ride title at least 2 hours prior to scheduled start time.
- E.** At the ride Leader's discretion, a ride start may be delayed to a later time, and announced at ride start

5. SIGN-UP SHEET REQUIREMENTS

- A.** All ride participants, both members and non-members must sign the Sign-up sheet, and Liability Release at the beginning of each ride.
- B.** riders under the age of 18 must have a parent or guardian sign the Minors release form provided in your Ride Leader binder

6. RIDE START

- A. Introduce yourself - Use the script** provided in your ride Leader packet
- B.** Verify that everyone has signed in prior to starting the pre-ride briefing.
- C. Announce the route. BRIEFLY and route options if any.**
- D. Announce regroup locations where applicable – or no regrouping.**
- E. Announce the distance and pace** of the ride particularly for first timers
- F. Make sure new riders understand the route.** With a map or cue sheet beforehand
- G. Advise riders that they are riding at their own risk** on roads that are shared with motorists
- H. Remind riders**
- 1.that bicycles are vehicles adherence to traffic laws is required
 2. don't block the roadway Go single file in narrow road conditions
 3. call out "car back" when a car approaches.
 4. Don't call out clear when crossing intersections.
 5. Observe traffic controls. running a red light is a no-no
 6. Don't pull in front of motorists at stop signs or lights..
 7. Use proper traffic lanes. Use lane positioning before making a left turn.
 8. inform the ride leader or another rider if they leave the route.

- I.** Survey the start parking area before departure to identify vehicles there for your ride.

7. DURING THE RIDE

- A. Keep the ride at the advertised pace** If stronger riders decide to go faster, **the ride leader must keep to the advertised pace** unless there are no other riders who wish to ride at that pace.
- B. For rides 40 miles or less in length – the ride leader may opt to lead from the front for the first half of the ride** **The remaining portion of the route must be swept to ensure all riders return safely.**
- C. Set the example regarding safety. Pass on the left, announce “car back”**
- D. Never leave a rider stranded.** The ride leader should carry a basic tool kit, tubes, pump, patch kit, and be prepared to assist riders with mechanical problems if necessary. If you need help with mechanical repairs, recruit someone else on the ride to lend a hand. **The club provides CO2 and replacement tubes to Ride Leaders using their own supplies on a club ride.**
- E. Be cognizant of new riders during the entire ride.**
- F. Distribute club promo material to new riders** Membership is encouraged after a handful of club rides.

8. AFTER THE RIDE

- A.** Check the parking lot to make sure all vehicles have someone with them – Use the sign up column for license numbers or windshield markers distributed while signing up.
- B.** Send the ride sheets via e-mail to statistics@bccutah.org
Be sure that anyone volunteering as Assistant Ride Leader gets credit.
File the hard copy in your ride leader binder back folder for the entire season
Report the number of non-members on your ride so we can track total participation in all BCC rides. Single non members rode enough in 2013 to place in the top 10 in club mileage

9. IN CASE OF ACCIDENTS

Accidents

- A.** In the event of an accident the Ride Leader should first attend to any injured persons. Unless the injuries are minor, emergency medical help and the police should be summoned.
- B.** Make the right decision for the safety of the injured individual. Make sure the injured rider is thinking clearly
- C.** Any accident involving a Motorist should have a police presence. Our bikes cost as much as a car.
- D.** The Ride Leader must contact persons known to the rider at the number provided on the sign-up sheet or by accessing the injured's phone for ICE or home numbers.
- E.** The Ride Leader should secure the riders bicycle and equipment that cannot be transported in the ambulance. Check with a nearby home or business
- F.** Take photos of the accident scene to document occurrences.
- G.** Contact the Road Captain or any Board Member as soon as practicable after the accident so the Club Leaders are aware of circumstances.

10. RIDE LEADER SANCTIONING

- A.** Any BCC Member may be suspended by the RoadCaptain from leading rides, or scheduling subsequent rides, if, in the judgement of the RoadCaptain or the BCC Board, the member has repeatedly failed to responsibly lead club rides. This may include, but is not limited to the following:

1. Failure to submit sign-up sheets
2. Failure to sweep rides, where applicable
3. Failure to provide cue sheets or marked routes where applicable due to rides
4. Failure to appear for a scheduled ride that is not obviously cancelled due to weather conditions.. where no attempt has been made to notify the membership of a cancellation.

- B.** Suspension will remain in effect until the member completes remedial action that may include

1. Re-attending Ride Leader Orientation
2. Completing an apprenticeship under a Ride Leader Mentor
3. Completing a specified number of club rides or club miles prior to re-instatement

Thanks to Cascade Bicycle Club for their mentoring guidelines and active membership requirements and the Louisville Bicycle Club for Ride Leader Credit clarifications and Sanctioning policy updates.