

## **Rider Briefing**

1. Review all hand signals.
2. Make sure there is a list of emergency contacts and waivers signed for non-members.
3. Review the ride route and planned comfort stops.
4. Review accident scene management: who does what in case of emergency (who makes 911 call (2 people), who secures the scene, who has first aid kits).
5. Remind riders to obey all traffic signals...complete stop at stop signs, etc.
6. Remind new riders not to fixate on the rider in front of you and always scan ahead.
7. Explain riding in staggered formation. Maintain your position in the group (2 seconds in front, one second on diagonal; increased speed will increase the distance). If a slot becomes open the rider behind and diagonal to the opening will signal for the other row to move up to fill the slot. Do not move up on another rider until they signal that it is OK to do so. Check your mirrors often!
8. If you notice the person behind you is missing, then please wait at a safe and visible location at the next turn to help that person find us.
9. Always follow the ride leader- even if they make a wrong turn or if someone else has pulled off the road.
10. When changing lanes, the sweep will make the change first and secure the lane. Always do a head check and make sure it is safe to change lanes before doing so.
11. The ride leader or sweep should be advised before you leave the group.
12. Ride your own ride! Do not feel pressured to ride faster than your skill level but on the same token do not attend a ride that is above your ability. Group safety is the most important thing!