

Sun City Cycling Club

SCCC Ride Leader Briefing Card and Instructions

Welcome riders and introduce yourself.
Discuss all of these safety reminders before the ride starts.

Remember: 1. Bicycling is a dangerous sport, Ride at your own risk.
2. The main cause of bicycle crashes is momentary inattention, so:

Ride Smarts

Stay Alert – watch for cars, other riders and hazards. Use hand signals and warn fellow riders about hazards and stopping or slowing down.

Move off the Road when Stopping – pull completely off the road or trail to let cars pass; do not block driveways, intersections or the trail.

Act Like a Car – obey all traffic laws and stop at stop signs.

Retain Space Between Yourself and Others – leave enough room to dodge obstacles or stop suddenly.

Tell Others when Passing and Pass on the Left Only – Pass only when safe and let the rider you are passing know you are passing.

Single File – Best to ride single file and never more than two abreast if safe.
(over)

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Additional Check Items:

- 1. Welcome and introduce guests. Invite guests to join the club.**
- 2. Reminder, guests are always welcome but not covered by insurance after their first ride.**
- 3. Be sure everyone has signed the Waiver of Liability/sign-in sheet.**
- 4. Remind riders this is a no drop club.**
- 5. All riders must always wear helmet when riding**
- 6. Turn your lights on, rear taillight and front if you have one.**
- 7. Only pedal assist e-bikes are allowed.**
- 8. Communicate, both verbally and with hand signals. (ie. Pointing out hazards, passing on left, stopping or slowing etc.)**
- 9. Explain club protocol and demonstrate for clearing an intersection, stopping, in case of emergency, slowing, etc.**
- 10. Remind everyone to ride within their ability.**
- 11. Do not overlap wheels.**
- 12. Obey all traffic laws. (Move off road or trail if stopping)**
- 13. Watch out for yourself, don't blindly follow another rider.**
- 14. Do not confront motorists.**
- 15. Briefly describe ride, distance, stops, attractions, etc.**
- 16. Make appropriate announcements.**
- 17. Let's have a safe and fun ride.**