

ULLR GUIDELINES FOR RIDE LEADERS, RIDERS AND SWEEPS

THE RIDE LEADER:

- Give or assign someone to give safety talk prior to ride.
- Know the route and communicate any problem areas to the group prior to the ride.
- Carry a cell phone and have the phone number of the sweep.
- Assign a sweep for the ride. This should be done ahead to make sure sweep has phone number of leader.
- Have a rear-view mirror to help keep track of the group.
- Watch traffic and give clear signals of turns, slowing and stopping. The leader may ask the next person in line to make sure these calls are verbally communicated to the group.
- Stop if part of the group is held up by a traffic light or some other delay. Whenever a stop is needed, be sure riders are OFF THE TRAIL and not creating congestion for other bikers or car traffic.
- If the ride leader gets too far ahead of slower riders, leader should ask the rider behind to “corner” – (The rider stands at the corner and points in the direction to turn.)
- At the completion of the ride, leader should be certain all riders are accounted for.
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RIDERS:

- Your bicycle should be in good mechanical condition. Check chain for damaged links and lubricate with chain oil. Put the derailleur through its paces before the ride to make sure that all gears are working effectively.
- You should wear clothing appropriate for the day’s weather conditions. Dress in layers, avoiding cotton next to the skin (in cool weather). Padded cycling shorts or tights and cycling gloves will greatly increase your comfort.
- You should drink lots of water before the ride, especially in warm weather. Carry water with you and drink frequently.
- Eat a good meal at least one hour before the ride. Avoid heavy proteins, dairy products and fatty or greasy foods. Bring quick-energy food with you on the ride.
- Carry at least the following: tire levers, pump, spare tube and patch kit.
- Bring ID, medical card and any medicines you might require. Be sure a reliable person on the ride knows where you are carrying it.
- Arrive early and allow time to get yourself and your equipment ready.
- Sign the Waiver of Responsibility Form if you are a non-member or a current member who has not previously signed.
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THE SWEEP:

- Stay at the very back of the group for the entire ride.
- Carry a cell phone and have the phone number of the ride leader.
- Watch for and assist riders with problems (mechanical or medical).
- You should immediately call 911 for medical emergencies beyond your capabilities. Note: There is no cost or penalty if the first responder who arrives determines the situation is not serious enough for further emergency services.
- Communicate with the ride leader if problems arise.