

Ride Leader Pre-Ride Checklist

- Ask if anyone wants to be a sweep
- Introduce yourself and sweep (if there is one)
- Have everyone introduce themselves
- Collect waivers for guests or have guests sign waiver sheet
- Check for helmets
- Preview route and ride plan (Distribute Route Map/Sheet if available)
- Describe pace, regroupings, special conditions & hazards, drafting
- Describe safe cycling practices
 - Follow all traffic laws
 - Two riders side by side maximum
 - Stay within traffic lane
 - Stop at signed intersections
 - Communicate with other riders
 - BE SAFE
- Remind riders to notify others if leaving the ride
- Take a head count
- HAVE FUN