

Pocket Ride Start Checklist for leaders

- Consider **whether to modify the planned route** due to weather or inexperienced riders. Safety first!
- If your group is large (15 or more), split it into smaller groups (appoint an assistant leader for each).
- Ask riders to fill in a sign-in sheet per group, including the column on emergency contacts.
- Obtain a **Guest Rider form** for anyone **not** a member of Cycling UK. After the ride, pass it on to the club Secretary: secretary@fleetcycling.org.uk
- You must have one leader (or assistant, who may be a back marker) for every 8 riders
- Check that riders have suitable clothing
- Welcome new riders and introduce yourself
- Describe the route and where the stops are, plus any special warnings about hazards.

- Etiquette reminders, e.g., *We wait for riders who drop off the back, but we don't search for those who ride ahead of the leader; We stop to let traffic by on long stretches of narrow lane; We moderate our language with other road users, noting that we might need to use camera footage*
- Remind riders they are responsible for their own safety at all times.
- Procedure if the group gets separated, e.g., message on our WhatsApp group.
- Communication and hand signals
- Ask for questions
- Ask if there are any medical issues, e.g., diabetes, epi-pen (offer a private discussion)
- Unaccompanied under-18s** need a parental consent form. **Under-13s** must also bring a responsible adult to supervise them.

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Formatting recommendation: print this sheet on A4, then cut off the bottom half and fold over in the middle, to give you A6 size.