

# The Widger Spoke Easies

## Ride Leaders Code of Conduct

### Group Rules

- The groups should be split by ability.
- Each group should have a designated ride leader and may have a nominated assistant ride leader, to help the ride leader and act as back marker.
- **Group sizes should be no more than 8 riders including the ride leader.** This is especially important for insurance purposes and for health and safety reasons.
- **Groups that total more than 15 riders shall not meet up by agreement at any time until further notice**
- Riders should stay with the same group for the duration of the ride – if the ride participants and the ride leader(s) are in agreement that a change needs to occur, it is essential that both subgroups carry a copy of the sign on sheet with ICE details. The ride leaders in both groups must be in agreement prior to the change taking place. It is recommended that the main ride leader stays with the slowest group. No participant should ever be left to ride on their own,
- Always carry first aid essentials including PPE (a minimum of mask and hand sanitiser).

### Ride Leader Expectations

- As a ride leader you are representing the club. As such you should be informative, friendly and take care that riders are aware of the route and feel part of the group.
- A ride leader needs to be a qualified ride leader or an experienced rider who is not afraid to take control of a group, has good experience of the local routes and is able to uphold the standards expected by the club.
- A ride leader has the right and the authority to refuse any rider to participate in the ride if they deem the participant's bike to be mechanically unsafe or the rider not suitable for the pace or distance planned for that group.

### Planning the Ride

- Plan your route before leaving home and ensure roads are suitable for the weather conditions and ability of the group. Your plan needs to include stopping places that are of sufficient size for your whole group to stop safely, maintaining social distancing, for drinks or energy intake.
- Complete the WSE Risk Assessment questionnaire for your ride including any socially distancing hazards.
- Publish your route on the WSE WhatsApp page.
- **Check the Sign on sheet for your ride and ensure that there are no more than a total of 8, including yourself as leader, planning to ride.**

### Before Your Ride starts

- Arrive 15 minutes early so you can welcome all riders.

- Check that all of your riders are on the pre booked sign on sheet and that it includes their ICE contact details together with acceptance of the WSE Rider Participants Code of Conduct.
- Introduce yourself to the group as ride leader and introduce your nominated assistant. Identify any other first aiders within the group.
- Announce the route and highlight any potential hazards, especially if the road conditions are wet or icy. Highlight the dangers of cattle grids, drain covers, white lines and pot holes.
- Mention the need to comply with any Government pandemic restrictions that may apply. This includes the need to at all times maintain a 2m distance between riders when riding single file and 1m+ riding 2 abreast where road width permits.
- Conduct a safety brief to include clothing checks and bike safety checks. Don't be afraid to have a quiet word with an individual regarding any mechanical or safety issues if you notice anything you deem to be unsafe or damaged. i.e. cables/brake blocks/chain stretch/tyres etc. Offer advice of what may need doing and where to go for help. It is not your responsibility to fix a mechanical.
- Identify those riders with disc brakes and mention the implications of this to all ride participants.
- Make yourself aware of any new riders and their capabilities.
- Ask if there are any riders new to being clipped in within the group for the sake of the other ride members, allowing them space and ease into their transition.
- Explain that the group stays together at all times until the end of the ride.
- If appropriate to group ability, give a quick demo of primary and secondary ride positions on the road and a brief explanation of a pace-line, pairing up, avoiding wheel overlap and space between bikes appropriate to the group's ride level.
- Remind riders to inform the group if they intend to leave the route at any time for any reason.
- Nominate your sub ride leader if there isn't an assistant ride leader and let them know what's expected of them. Shared responsibility for: Keeping the group in check on busy roads with one of you riding at the back. Keeping the group together and not letting riders speed off in front or be dropped off the back.

### **During the Ride**

- Set an example regarding safety and ensure riders adhere to the club's code of conduct.
- Set off at 65% of optimum pace for the first 10 minutes of the ride to allow the riders to warm up (and also to ensure that everyone participating in your group can handle the pace).
- Encourage ride participants to understand the need to ease back up to pace level from junctions or being stationary to avoid splitting the line of the group. Encourage 'Last Man' calls.
- Keep the ride pace comfortable and within the ability of the group.
- Keep the group together on busy roads and elsewhere, ensure that riders aren't left behind at junctions and traffic lights.
- Never leave a rider stranded unless the group and rider has agreed to it or guaranteed help is on its way.

- Be aware of all the riders during the entire ride. If someone is in difficulty, either go back and ride with them or select a volunteer to do so.
- Don't feel you have to ride at the front the whole time. Float around the group when practical but be sure your front rider can hold a steady pace.
- Give clear, concise, instructions at all times and be familiar with your route and warn riders, especially new or inexperienced riders about tricky descents, pot holes, poor road surfaces, mud and water on roads.
- Wait for all riders in a safe place that doesn't compromise other road users if the group gets split at traffic lights or junctions and at the top of hills. Re-grouping at the top of hills will always occur but do ensure that the last rider has sufficient recuperation time before setting off again.
- Don't let stronger riders push the pace. This can be kept in check by putting the slower riders at the front of the group and faster riders at the back.
- Overtake stationary or slow moving vehicles on the outside with a wide berth and don't weave in and out of the traffic.
- Walk away from arguments with other road users but where possible, take the registration numbers of any dangerous drivers and report incidents to the police.
- Lead by example and don't gesticulate or swear if you come across an aggressive driver or pedestrian. Stay calm and prioritise the safety of the riders.
- Report any issues or concerns to a committee member. If necessary this will be discussed at the next committee meeting.
- Above all, make your rides enjoyable and have "Fun"
- All participants are riding at their own risk and the club accepts no responsibility for their personal safety.

### **In the Event of an Incident**

- Keep yourself, the group and the casualty safe. Ensure the group is safely clear of the road.
- Nominate someone else to look after the group.
- If your casualty can't be moved, use your team members to manage traffic effectively until emergency services can take over.
- Assess the injury / damage. Nominate someone to call for help if required (ICE contact for mechanical or minor illness, 999 for issues with non-response, breathing difficulties, bone breaks or serious blood).
- **If the injured party is not breathing and urgent resuscitation is needed then use PPE before checking their airway and commencing chest compressions. It is recommended that mouth to mouth resuscitation is not given.**
- If emergency services are called nominate a group member to look out for them and guide them to the casualty.
- Pass the first aid kit to the injured party so that they can patch up their own minor scrapes.
- Stay with the casualty until they are either ok to return to the ride or help arrives.
- On return complete an Incident form, obtaining witness statements if needed and hand it to the WSE Safety Officer.

In leading a group ride, you agree to the terms and conditions outlined above.

