

WSE RIDE BRIEFING CUE SHEET SEP 2020

1. Welcome/thank for coming [name check new faces] and ensure social distance of 2 ms during briefing.
2. Introduce Ride Lead Assistant if applicable.
3. Make sure sign on sheet completed and point out that by joining the ride they are familiar with the club disclaimer and agree to abide by the clubs Terms of Participation.
4. Make sure the whole group knows who is carrying the club first aid kit
5. Identify the distance, elevation and planned pace of your route.
6. Identify on the day principal hazards [see list for guidelines below] and determine how this will affect the way the club rides that day – eg use lights, ride slower, avoid main roads, ride inland etc

High winds and extreme temperatures/ Wet and muddy roads making it slippery / Sun and high temperatures / Tractors / horses / heavy /large freight / combines / bank holiday traffic in a hurry / hedge cutting / horse riders / dogs on leads and other bike path users / other cyclists / daylight hours / gradient / livestock etc

7. For the benefit of new members / guests: ask that if they haven't ridden in a peloton before, please do your best to imitate the other riders. It's particularly important to communicate clearly and repeat verbal commands for the benefit of everyone. [Explain: car up, car back, hole, slowing, stopping, gravel, single file, pair up, steady, last man or all on].
8. Point out disc brake bikes & caliper brake bikes to newer riders explaining the difference in stopping distance and check if any one is new to clipless pedal system and ask others to give them space.
9. C19 changes to implement until further notice:
 - make sure your riders know they must social distance (#socdis) at 2 ms whilst stationery pre/during/post ride to the best of their ability.
 - Identify and explain where 'stopping' places on your route are in advance where riders can safely #socdis to hydrate / regroup / change clothing
 - Ride single file with 2 ms distance between one another: we would advise groups of three (pods) on main roads with a couple of minutes between pods to accommodate vehicle traffic. Leader / Assistant will split between pods.
 - Give careful thought to socdis at junctions (for this reason anticlockwise routes are advantageous).
 - Whilst riding single file on an approach to a hill, encourage riders to space out more to avoid 'hill bunch-ups' caused by differences in power, fitness and gearing.
 - You can ride side by side on quieter roads (only 2 abreast) if it is safe to do so or on big wide roads. If riding side by side, make sure you are 1 m apart
 - Make sure everyone is carrying a mask and hand sanitiser as a precaution
 - Explain that masks/sanitiser/socdis should be deployed in the instance of a mechanical/puncture

- Explain that minor injuries will be DIY managed and that more serious injuries / incidents will need ICE contacts to be deployed or emergency services.