

WELCOME !

- Facility review
- Handouts

Introductions

- Workshop organisers
- Workshop rationale



Workshop Overview

- Agenda, Workbook and Survey
- Ride Leader Handbook
- Bike Sense Manual



Defining Ride Lengths

How long are short, medium & long rides?

- Short Rides < 3 Hours
- Medium Rides < 5 Hours
- Longer Rides > 5 Hours



Define types of organisers

Who organises group rides?

- Clubs
- Charities
- Service groups
- Recreation Centres

Qualities of a Ride Leader

A sentence that includes a description of a Ride Leader

**Bike, Clothing, Helmet,
Attitude, Etiquette**



Qualities of a Ride Leader

Ride Leaders have clean, mechanically sound bikes, they wear bright clothing and safety vests, their helmets sit on their heads correctly and the straps are adjusted closely to their head, they are helpful and polite and they are pleasant to be with.



Becoming a better Ride Leader

Ride Leaders work at:

- Planning events
- Safety, both during & before the ride
- Responsibilities of Ride Leaders & Resources



Planning Guidelines

Considerations when planning a ride.

- Time, Distance & Ability required
- Conditions of travel
- How to participate



Accidents & Improving Skills

List the common cyclists accidents

- stopping by hitting blunt objects like curbs or roots,
- skidding on sand or oil,
- front wheel diverted by railroad tracks or pavement layers,
- falling over from insufficient speed



Accidents & Improving Skills

Bike Sense Manual

page 10 - Skills section

- Ride lots,
- Ride with good cyclists
- Take a CANBIKE course
- “Effective Cycling”

By John Forester



On-Road Safety

Where do most **CAR/BIKE** collisions occur?

- 63% at intersections
- 57% sites had no signs
- 40% in residential areas



On-Road Safety

List 3 common motorist errors?

1. An oncoming driver turns left in front of cyclist
2. A driver on a cross street stops, then pulls out directly in front of cyclist
3. A driver barely passes the cyclist and turns right



On-Road Safety

How can we reduce Car/Bike accidents ?

The 5 Traffic Principles by John Forester

1. Ride on the right
2. Yield to cross traffic
3. Yield to new lane traffic
4. Destination positioning
5. Speed positioning



Emergency Plans

- Handbook page 9
- Incident Report page 23



Ride Leader Responsibilities

- Handbook page 12
- Check lists beginning on page 15



Ride Leader Resources

- Handbook page 19
- Web page



Your concerns or requests

Is there anything we should discuss?



Ride Leader Practice

Group practice ride with volunteers and experts.

- Do a bike check
- Go over the pre-ride check list
- Take a group on a short ride



How was the Workshop ?

- Stick around if you wish
- Please fill out the survey
- Pick up your participation certificate

