

Ride Leader Tasks

- Ride Leaders are agreed in advance usually on the ride leader whatsapp groups for Saturday & Sunday runs.
- Plan a route, either a new one or one previously used. Instructions for creating a Strava route are on the website alongside this guide.
- You should have knowledge of the route and any potential difficult sections. Getting riders onto new roads is always popular.
- Post on the “closed” Facebook page.
- Contact Stewart/Graham/Jane asking for your FB post to be copied onto the Club website. Graham, Paul Z can post on the “open” Facebook page. This should be on Wednesday or Thursday prior to the weekend.
- Check the weather forecast the day before and if required either change or call off the ride if the forecast dictates
- Turn up on time, welcome any new riders and introduce them to the group
- Ensure everyone knows the route and set off in time
- Decide on number of groups and where any break should be – make sure everyone knows this.
- Deliver a short safety briefing including a summary of the route, the pace and etiquette expected of the group.
- Identify a deputy Ride Leader on the day who will continue on with the group if there is a significant incident on the day that requires you to wait behind
- At breaking point, re-group and allow faster group to go. You should stay with the last group and ensure this stays together.
- If anyone in your view is pushing the run to such a speed that you are struggling to keep the group together, then you (the ride leader) can take the decision to ask the individual/s to slow down (whilst cycling alongside them) or stop the group and explain to the whole group in general.
- Make sure everyone gets home

Ride Protocol

The Club organised rides are not all out races, please remind anyone who shoots off the front that it is a group ride and they should either stay with the group or complete the ride on their own. It is safer, more sociable and more enjoyable to stay in a group but this requires some discipline. No group will have all riders of the same ability so some riders will be pushing fairly hard where others are going a little slower than they might want to. Over time the slower riders will come on and the group speed will increase. If a rider gets dropped on a flat section, the group should ease off until they join back on and then adjust the speed so they stay attached.

Group size – ideally this should be around 5-8 riders. Where possible they should ride two abreast and rotate the lead either continuously, or every 4-5 minutes as conditions dictate, whilst keeping the speed steady. [Group Riding Youtube Video](#)



Kinross Cycling Club

In the event of a mechanical problem, either ask the group to wait until it's resolved, or allow the group to go on with the deputy whilst you wait with the rider.

Allow regular regrouping and observe the 3-minute rule – the last rider to stop gets 3 minutes to refuel before the ride moves off again. Before moving off check that everyone is ready.

Above all else – enjoy the role of Ride Leader. You are putting something back into the club and helping other club mates to get enjoyment from their cycling. The club appreciates your efforts.