



RIDE CAPTAIN INSTRUCTIONS

Thank you for volunteering to be a Ride Captain. The following information is intended to outline the duties of a Ride Captain and to help you in performing these duties.

1) Before the ride:

- ✓ If for any reason you are unable to be Ride Captain on your assigned day, you must try to find a replacement and let the Ride Coordinator, or another director know.
- ✓ Familiarize yourself with the scheduled ride routes (maps are available on the website). It is always a good idea to travel the routes 1 day in advance so you are aware of any safety issues or road conditions which should be passed on to members prior to the rides. If there are any major obstructions on the route please contact the Ride Coordinator, Dave Northcote at 705896-3171 or northcote6549@gmail.com.
- ✓ Check on the Cycling Schedule whether a restaurant has been suggested for lunch and note the phone number.
- ✓ Members are responsible to print and bring their own maps to each ride.
- ✓ Arrive early at the ride start location and familiarize yourself with the washroom locations and the direction of travel to leave the parking lot for each route.

2) At the start of the ride:

- ✓ Gather the group for instructions about 5 minutes before the 10:00 ride start.
- ✓ Inquire if there are any new members or guests. Establish their names and welcome them to the club. Collect waiver forms from guests (pass these to the Ride Coordinator or another director).
- ✓ Communicate any lunch plans and ask for a show of hands if lunch will be at a restaurant. Contact the restaurant to notify them of our intentions and provide them with approximate numbers.
- ✓ Briefly describe each route and its length (distances are on the Ride Schedule and ride maps).
- ✓ Provide any safety related information concerning the routes. ie. Potholes, gravel, or water on the road etc.
- ✓ Remind riders "Travel in single file and not in long continuous lines ... be courteous, leave plenty of room for vehicles to pass and pull in easily between small groups of riders. For your own safety, someone else in attendance should know the route you intend to follow and to confirm that you have returned. Club policy recommends that all members should ride with a buddy or in a group. No one should be riding alone."
- ✓ Direct members to gather in groups based on their intended ride distance or route.
- ✓ Make sure guests and new members are identified by the group in which they intend to ride.
- ✓ Instruct riders to depart such that the faster riders depart first and slower riders depart last to avoid unnecessary passing at the start of the ride.