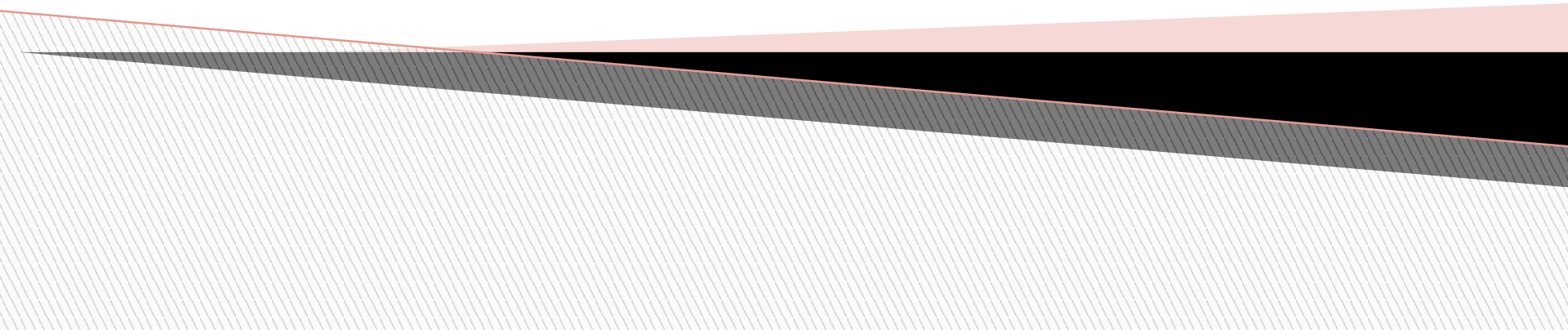




2021 Ride (Leaders) Guide

Last updated: July 1, 2021



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- Managing the Ride
- Ride Leader Scheduling
- Group Riding Etiquette
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Ride Preparation

You Are all potentially designated “The Ride Leader”

- Any member with some experience
- Everyone should print/load route directions & map
- Bike in good order
- Flat & break down kit
- Mask, gloves and sanitizer
- Cell phone

Ride Preparation

Arrive Early

- Assemble groups (standard location)
- Ask if anyone new to group riding
- Welcome new riders
- Check memberships/OCA insurance: must be an insured member of AVC except on designated dates
- For designated “Try-Out” rides, get signed waivers; ask if the rider has been an OCA member in the past
- I.D.: eg Road ID/CCN
- No helmet, No ride
- The maximum allowed participants for a club activity will be based on the most recent Ontario Cycling Association Return to Sport Update and the local Public Health Unit Guidelines for max gathering sizes. The actual restriction will be communicated to members via the club’s website and/or social media channels, as well as through the sign-up process for the activity
- Notify the club a roster for your group
- Ensure all riders have completed a covid screening questionnaire

During and End of Ride

Overview of Route

- Course and km's
- Identify route hazards & plan to avoid/minimize risk
- Review established ride etiquette
- State overtly: Compliance With Highway Traffic Act

During The Ride

- Start on-time (stagger group starts, fastest first)
- No joining ride after ride start and roster sent
- Give route directions en route
- Maintain ride average pace
- Reinforce ride etiquette/pace lines as necessary
- Ride about 2 wheels from rider in front of you (1.75m bike, 0.7m x 2)

End Of/After The Ride

- See that everyone has completed the ride safely
- Report injuries/concerns to AVC executive

Managing the Ride

Injured Rider

- Stay calm, stay in charge
- Establish safe zone for injured rider; Stop/re-direct traffic as necessary; Other riders off the road
- Do not move the injured person until assessed
- Ask permission to help and follow current health guidelines (mask, gloves, sanitizer)
- Administer 1st aid to extent of your/others' ability
- Call 911 if injury is severe or in doubt
- Obtain ID, emergency contact, health card, etc. while waiting for emergency responders
- Comfort the injured rider
- After ride, report injury to AVC executive

Mechanical Breakdown

- Move off the road
- Offer help to the rider and follow current health guidelines (mask, gloves, sanitizer)
- Offer to call for assistance if rider cannot continue

Managing the Ride

Ride Leader

- At the ride Leader's discretion, adjustments to the ride may be made at any time, such as
 - Double/single pace line
 - Pace adjustments
 - Stops/regroup points
 - Ride at individual pace
 - Route changes
 - Breaking group into smaller groups (2nd and willing ride leader needed)

Pace

- Ancaster Velo has published average speed ranges for each group, to accommodate all riders, work to maintain the group's pace within these ranges
 - Group 1 30 – 35+ km/hr
 - Group 2 27- 30 km/hr
 - Group 3 26-28 km/hr
 - Group 4 23-26 km/hr

Managing the Ride

Straggler/Exhausted Rider

- If person is struggling, check if sick/exhausted
- If unable to keep up, offer guidance/assistance to get back home safely

Un-Cooperative Rider

- Remind proper ride etiquette
- Warn offending cyclist
- Ask to leave ride
- Report to AVC executive

Ride Leader Scheduling

Ride Leader Organizer

- Either in advance or upon arrival (someone has to agree to lead)

Preparing Monthly Schedule

- Has not worked in the past
- Open to member suggestions

Changes

- Notify ride leader organizers if you cannot fulfill your scheduled ride leading assignment
- Ride leader organizer will find a substitute

Group Riding Etiquette

Do's



- Ride smoothly at steady pace in a straight line
- Keep your head up
- Anticipate changes in speed. Ease pressure on pedals or move slightly into the wind to slow down
- Use brakes sparingly and gently
- Keep 30cm to 90cm behind the wheel of the rider in front of you
- Increase the distance when you anticipate the rider in front of you will stand up or seems to be slightly erratic in pace
- On the left side: Increase speed only slightly when rotating to front of paceline, then resume the prior pace. Right side paceline speed does NOT change
- Stay in your position in the paceline during the ride
- When you are in a lead position, keep pedaling when going down an incline
- In the lead position, signal road hazards, turns, stops and to indicate a paceline slowing **prior** to a change
- Drink/eat/chat when out of the lead position
- Switch the lead at the front of the paceline every 0.5 to 1.0km or more often as conditions require

Group Riding Etiquette

Don'ts

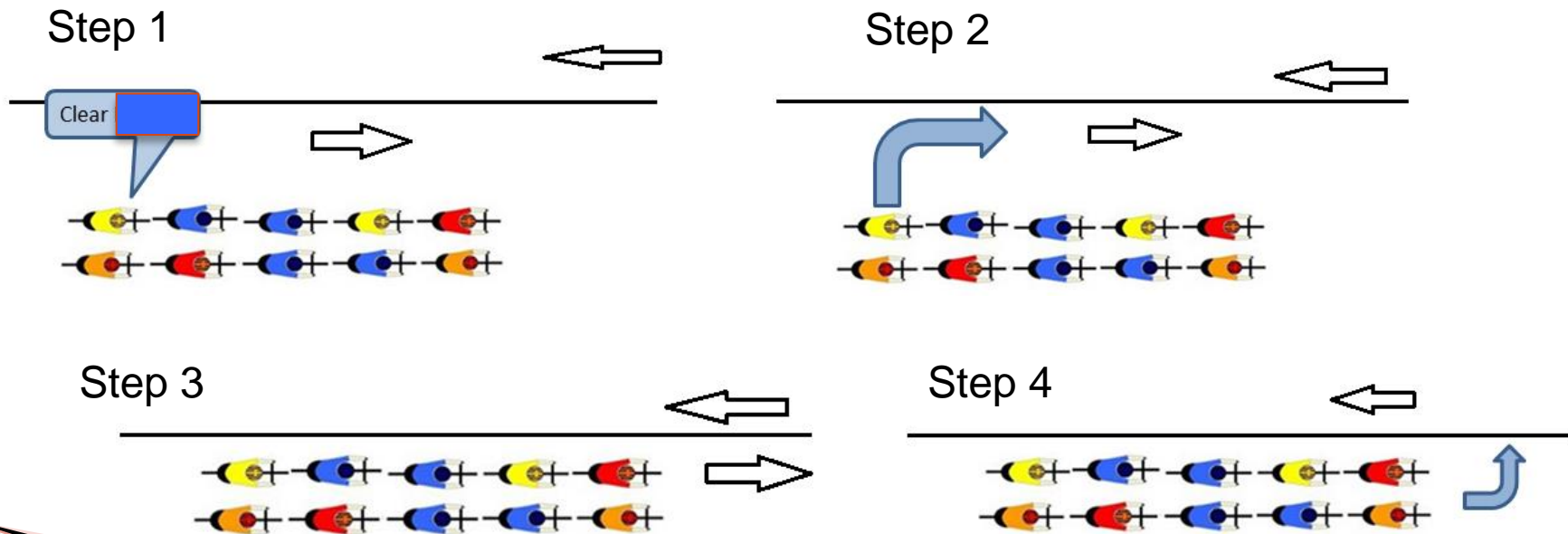


- Make sudden movements
- Focus on the rear wheel of the bike in front of you
- Use your brakes aggressively
- Overlap the wheel in front of you
- Speed up as you go to the front of the paceline
- Increase the average pace of the ride when you go to the front of the paceline
- “Half Wheel” the lead rider beside you
- Change your position in your paceline or switch from the inner to outer paceline
- Use a cell/mobile phone or headphones
- Stay at the front of the paceline until you are exhausted, start to ride erratically and get dropped as soon as you relinquish the lead

Ride Positioning

Left Turns

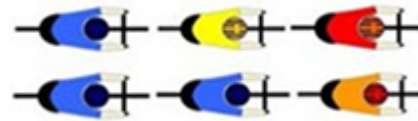
- The lead rider on the left side will initially signal the left turn followed by the other riders in the left paceline
- The lead riders continue looking ahead
- The rear riders will check the road to ensure it is safe to move over
- The rear riders will then take the lane and call “**clear**” (NOT “clear back”)
- At that point the entire group moves to the left
- The group make the left turn



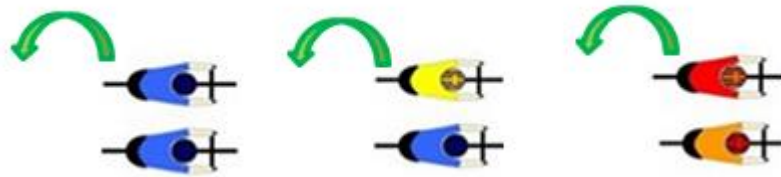
Ride Positioning

Double to Single/Reverse

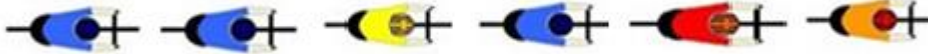
- We use the concept of “**right rider up**” when going single file
- When going from double to single file the rider on the left will go in behind the rider on the right
- When going to a double paceline alternate riders will move to the left



Step 1



Step 2



Step 3

Ride Positioning

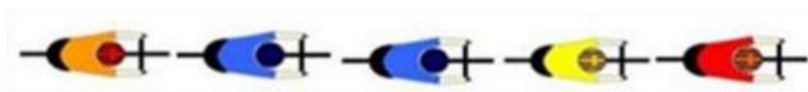
Group communication

- Point out **significant** road hazards well in advance: right paceline points out issues on the right side of the road, left points out issues on the left side. If there is an obstacle/pothole in the middle, riders on both sides should point to the middle. Visible signals should be translated from front to back; ie. Don't assume the person behind you got the message.
- "CAR BACK". We only need to communicate this if there is an **actual** risk otherwise we are aware that we share the road.

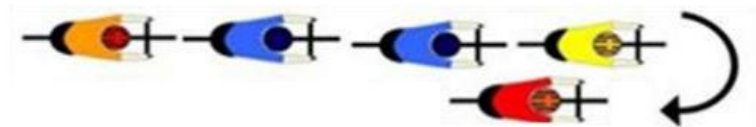


Ride Positioning

SINGLE PACELINE ROTATION



PACELINE BEFORE ROTATION

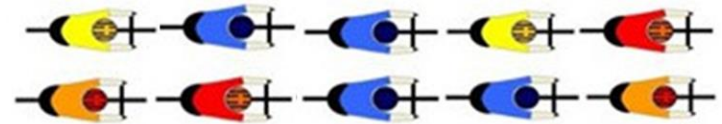


PACELINE DURING ROTATION

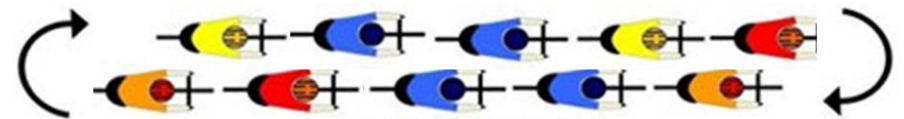


PACELINE AFTER ROTATION

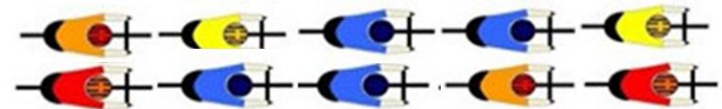
DOUBLE PACELINE ROTATION



PACELINE BEFORE ROTATION



PACELINE DURING ROTATION



PACELINE AFTER ROTATION

Ride Leader Mentoring

Mentoring New Ride Leaders

- New ride leader reads the ride leaders' guide / attends ride leaders meeting
- Scheduled to lead 2 rides with experienced ride leaders
- Lead rides under guidance of mentor
- Get feedback from mentor after ride
- Meets/talks with ride leader organizer to assess readiness
- Leads rides independently



Unrestricted Ride and Regroup Point

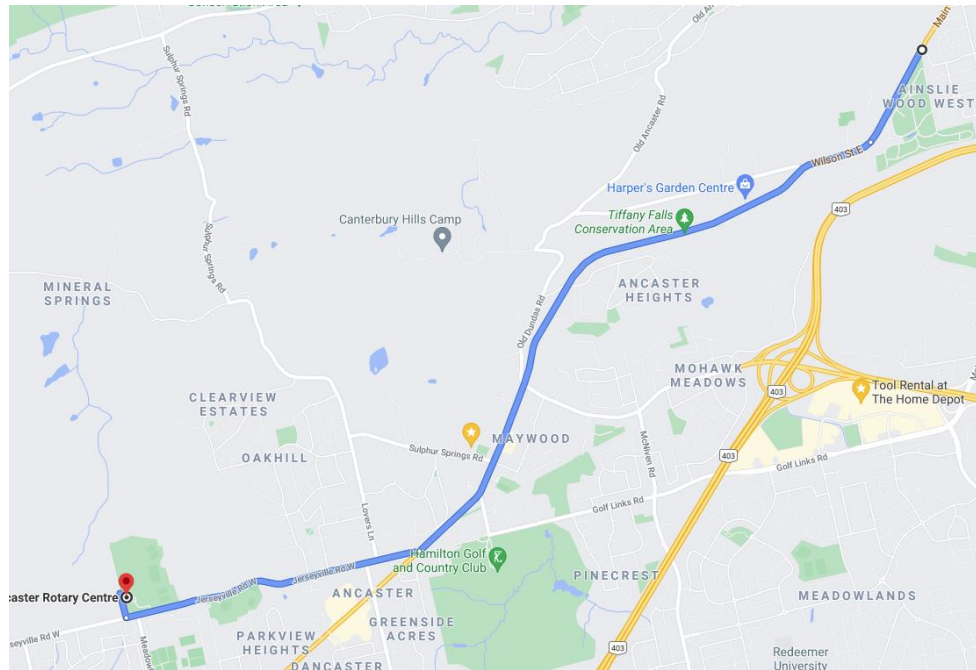
Ride Leader Makes the Call for the Pace

- At all times the Ride Leader has the discretion to call single file or adjust route based on any safety concern or Hazard encountered on the road
- Steep Hills/ Rough Road Sections
 - Steep or long hills, rough sections or other challenging sections on the routes should be taken at individual riders comfort level. Ride Leader to call out as required
 - The Ride Leader should always call a regroup point for the group at which time the group can proceed in paceline formation if it is safe to do so
 - Small hills and rollers the group should adjust pace as required maintaining paceline formation

Unrestricted Ride and Regroup Point

Wilson Street Return

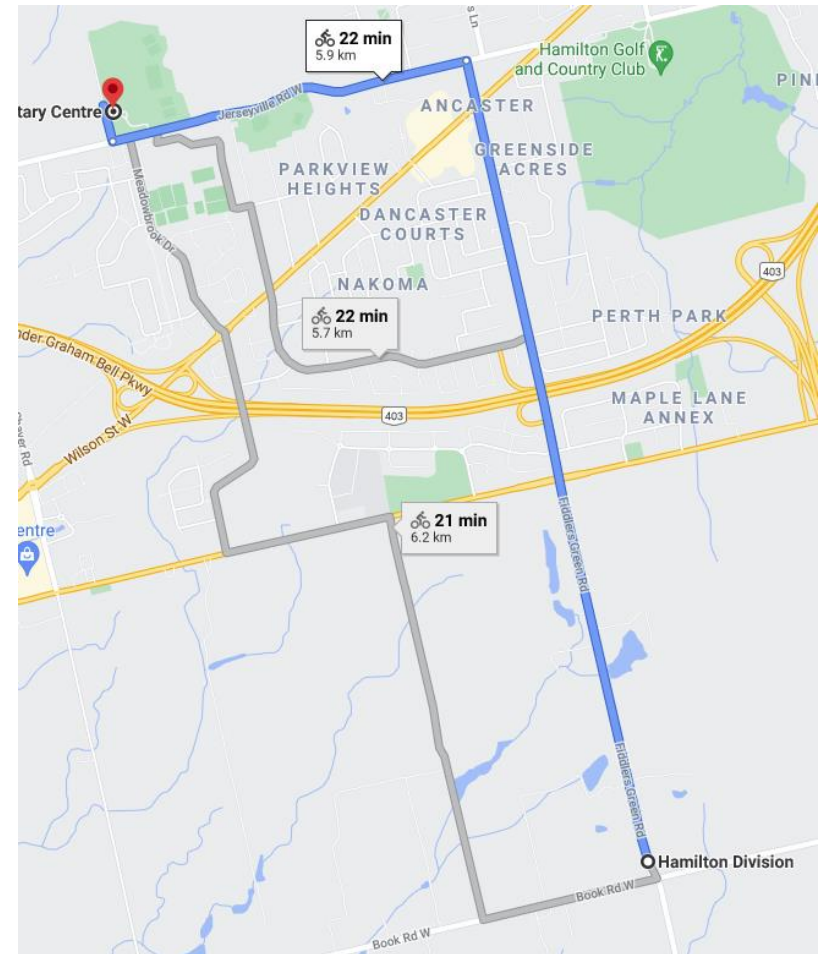
- From Whitney, Members use bike lane up Wilson
- Riders take their own pace up Wilson
- Regroup Point at Ancaster Rotary Centre
- Confirm if any members are not returning direct to regroup point



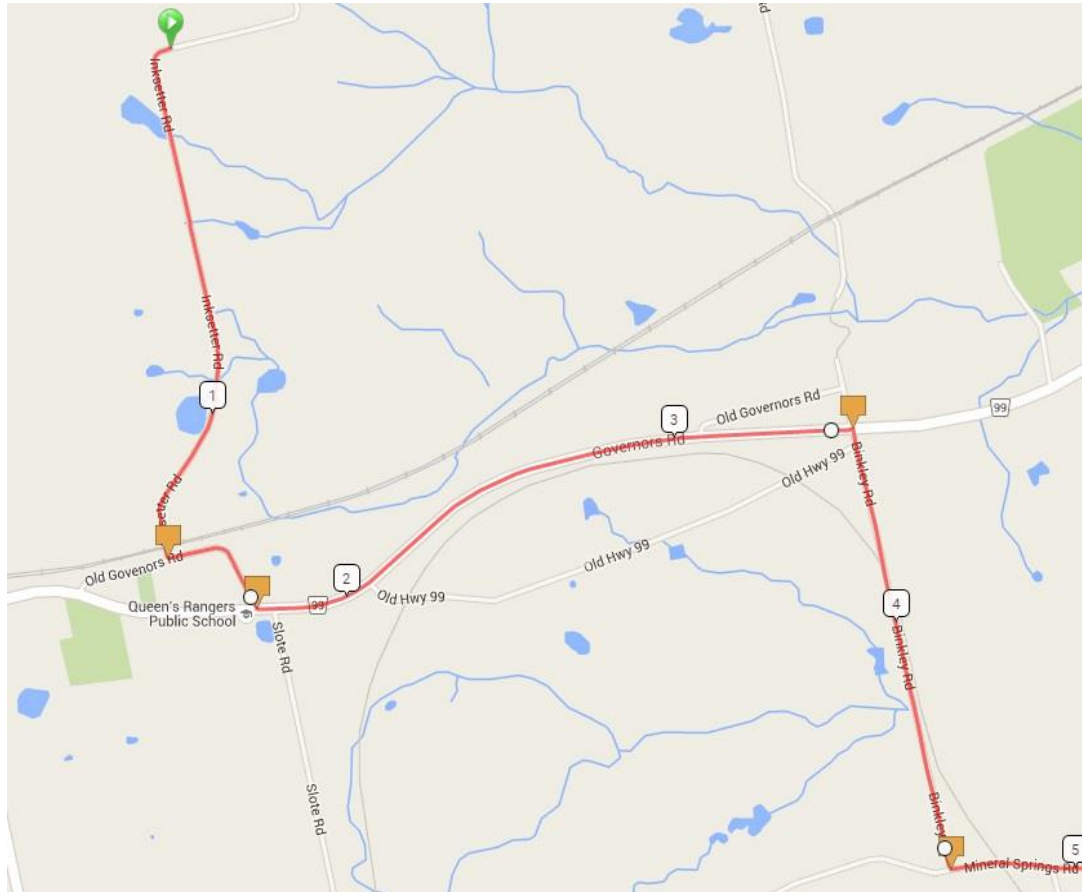
Unrestricted Ride and Regroup Point

Fiddlers Green Return

- Single File from Book Road. This is a heavy traffic area riders should not pass other riders
- From Fiddlers to Garner group can get strung out due to the rollers
- Regroup point at Garner road. (Ride Leader's discretion)
- Again confirm if any members are not returning to Ancaster Rotary Centre



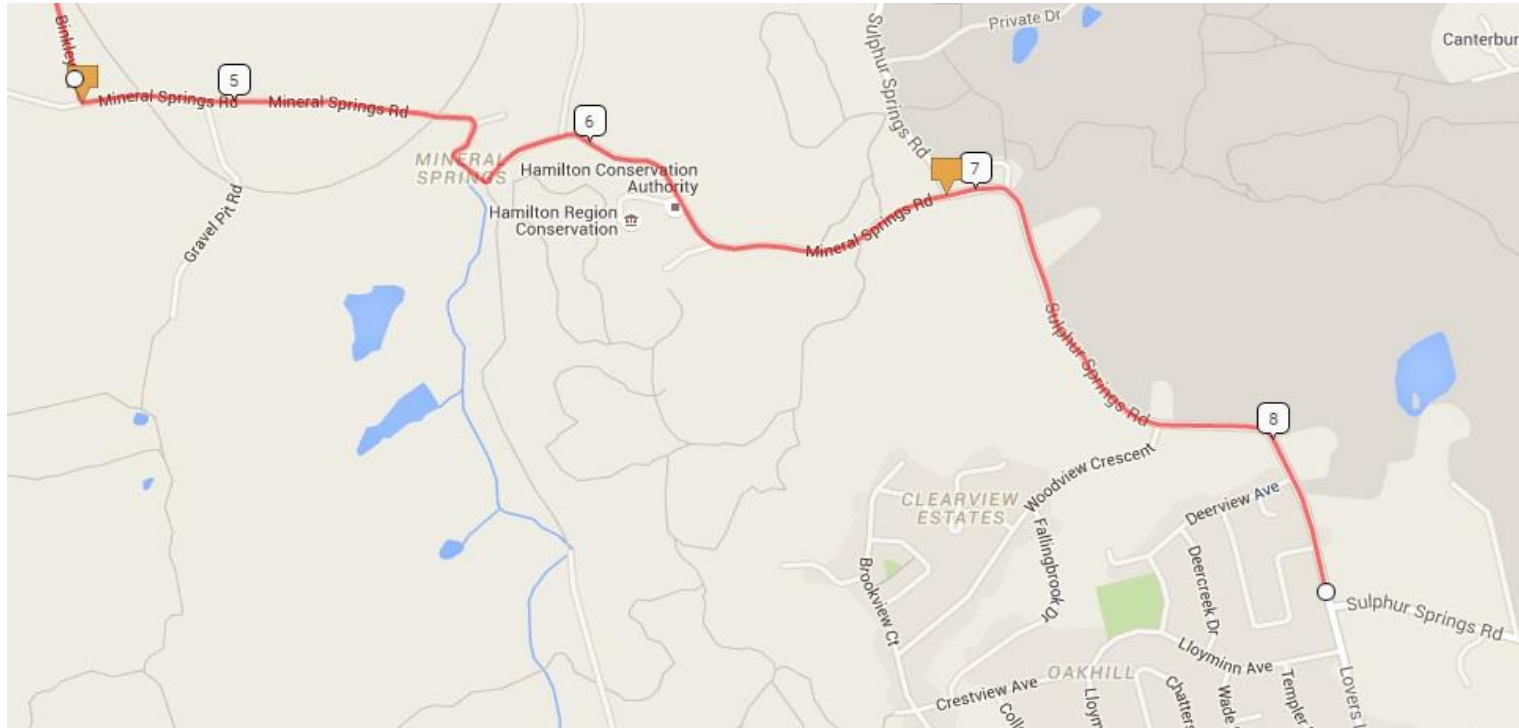
Unrestricted Ride and Regroup Point



The Top of Inksetter to Governors Road

- Riders take the down hill at their own pace
- Regroup point at Governors Road (Ride Leader's Discretion)

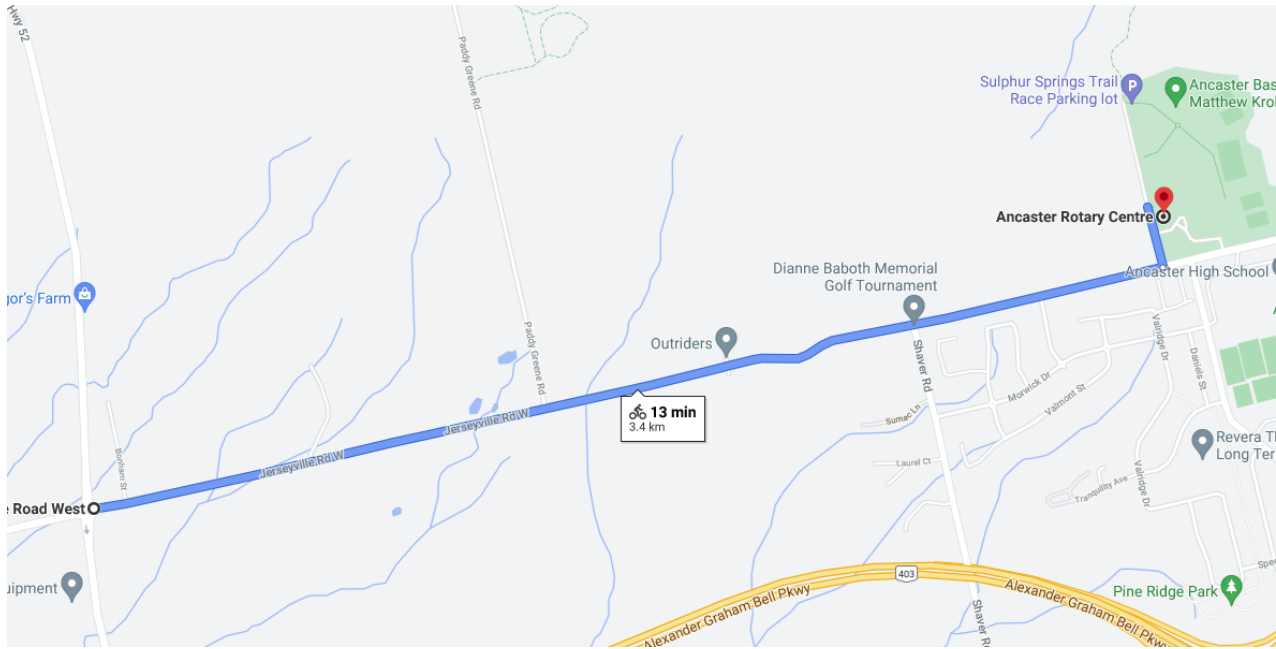
Unrestricted Ride and Regroup Point



Sulphur Springs Return

- From Binkley @ Mineral Springs
- Riders take their own pace up Mineral / Sulphur Springs
- Regroup point at Sulphur Springs / Lovers Lane (Ride Leader's discretion)
- Confirm if any members are not returning direct to Rotary Centre

Unrestricted Ride and Regroup Point



Jerseyville Road Return

- Single file from Hwy 52 roundabout or Wilson @ Shaver roundabout
- Riders should refrain from passing due to high traffic area
- Finish at Rotary Centre
- Confirm any riders not returning to Rotary Centre

Unrestricted Ride and Regroup Point

Rock Chapel to York Road via Valley road

- Riders take their own pace down Valley Road, no passing
- Regroup at York Road
- Single file down York Road
- Regroup point on MUP West side of Olympic Drive (Ride Leader's discretion)

Questions

Questions about the Ride Leaders guide?



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Thank you