

GUIDELINES GIVEN TO THE RIDE ORDINATORS

These are the guidelines we give to our club ride coordinators...

Due to the large numbers of members at Germiston Wheelers, it is imperative that we have ride coordinators during our Club Rides on weekends.

The ride coordinators are drawn from two groups: the race team members and volunteers. The Club relies on its ride coordinators to ensure that Club Rides are safe and enjoyable for all members.

The following are guidelines (and some rules) for coordinating a ride. Should you have any suggestions, please forward them to the Club committee!

The aim of a Club ride is to allow Club members to either train by selecting a group that will challenge them, or else have a social ride where they can meet other people. Our aim as ride coordinators is to ensure these two objectives are met.

The announcer's tasks are to:

- λ Make sure members know of the "Buddy System" and the support vehicle;
 - λ To slip the groups into manageable size groups
- Ensure people are aware of ride etiquette (keep left, in twos, ...);
- λ To announce the groups, their distances and average speeds; and any other club announcements
 - λ To dedicate a ride coordinators to the front of each group and who will handle the rear, when there is more than one ride coordinators for a group;
 - λ To ensure the groups' starts are clearly announced and that they start on time.

As a lead ride coordinator your tasks are:

- λ To take control of the group at the start;
- λ To control the appropriate pace for each group from the front.
- λ To not allow surging on the climbs
- λ To arrange for two or three short stops (typically around 45 seconds each)
- λ To allow the group to rejoin after some of the more difficult sections;
- λ To control stronger cyclists in the group who may want to surge ahead and pull the group with them;
- λ To ensure that the groups obey all relevant traffic laws. More advanced groups often "skip" red traffic lights, for example. This is unacceptable since the groups are larger and a clear intersection for the front of the group may not be clear for the rear, the riders are not as well versed in road riding and may miss an oncoming car, and so on. In addition to the safety aspect, the Club Rides are a very visible

show of the Club to the public and the disregard for traffic laws does not reflect well on the Club.

As a sweeper ride coordinator at the back of the group, you should:

- λ Alert the lead ride coordinator if there are problems at the back due to speed;
- λ If a member is having problems due to speed and he is clearly in the wrong group, suggest to him to drop out and wait for the next bunch ;
- λ Ensure all members who puncture have a buddy;
- λ Ensure all mechanical failures are aware of the support vehicle and can contact it, if required.

Remember that each individual is not your responsibility – you must look after the group. Ensure that members in trouble are helped out and then keep with the group.

These are your duties. The Club Rides are not a training ride for you. You are required to ride at the group's pace and not leave the group until your return to the Germiston Wheelers Club house.

ENJOY!