



Barrie Baydogs Group Rides Guidelines

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SAFETY SAFETY SAFETY

GOALS and ETIQUETTE are being established for the Barrie Baydogs Tri Club **group rides**.

IT IS A GROUP RIDE therefore keeping the group together is a GOAL - A working together is of high priority. Leave no one behind.

SAFETY is a GOAL for these rides

LEAD and SWEEP responsibilities are based on this GOAL of keeping everyone safe

THE LEAD

It is the job of the LEAD to keep those around you safe...this includes:

- setting the tone of the ride by giving clear information about the route, distance, speed, stops
- obey the local traffic laws which includes street signs, signals, intersections and stop signs -
- at stop signs the rule may be to unclip and touch down/come to a rolling stop /come to a full stop...club rules to be determined based on conditions
- use hand signals and or verbally communicate to signal train tracks, a large object or vehicle parked on the side of the road, stopping, left turn, right turn, pot holes and debris (demonstration given)
- at intersections yell "clear" if safe to cross ~~~ "car back " " car up"
- ride a straight line stay as far to the right as possible to keep the group safe from traffic

- keep the speed consistent as determined at the beginning of the ride
- wait for others on climbs, after red light, after a busy intersection, to establish help with a mechanical or flat
- have a good attitude - be encouraging - as it is a great time to learn from others, make friends - enjoy the camaraderie
- be vocal about safety - a rider may not know they are doing something that could cause an accident - not a lecture but a clear message so they will learn

THE RIDERS

- all the safety rules mentioned for the LEAD responsibilities applies equally to all the riders in the group
- be predictable ---see the LEAD responsibilities for signalling, stopping and warning of obstacles
- don't make unexpected moves
- don't ride on aero bars in a group as it is extremely dangerous due to the additional time to reach the brakes and less control over the bike...stay upright
- no overlapping wheels...always ride directly behind the rider in front of you
- never pass the rider in front of you on the right
- be alert to lending a hand - be considerate to slower riders - helping up a hill
- be on time - be prepared - be self sufficient
- when stopped, pull over onto the shoulder and avoid gathering in a live lane

- have a tool kit, tubes, small pump or co2 cartridge and adapter, patch kit, allen keys
- carry a cell phone and money in case you need assistance
- consider carrying bandages and alcohol swabs in your kit
- carry nutrition and adequate hydration for long rides...also a rain jacket if conditions may call for it
- pay attention...stay within shouting distance
- if you are leaving the group ride let the LEAD or SWEEP know
- avoid negative situations...ignore drivers who shout at you
- wear something bright
- a good quality light on the front (white) and back (flashing red) are highly recommended so you can be seen
- no ear buds

THE SWEEP

- the very important responsibility of the sweep is to make sure no one is left behind - no one is stranded
- communicates if help is needed
- knowledge of the route and regrouping stops

I love a great group ride...it is where I learned to be a better bike rider, where I have spent many happy kilometres with friends, where the opportunities for fitness and to just "keep moving" are provided.

May this Guideline prove beneficial.