

Bike North: Ride Leader's briefing prompt card

1 Introduction

- G'Day, thanks for coming
- This ride is *ride_name*
- I am the leader and my name is *rideleader_name*
- *sweep_name* will be riding 'sweep' so please keep in front of him/her and behind me
- This ride is graded *ridegrade* and features *major features* (such as big hills, wonderful scenery...)
- We expect to complete the ride in x hours with an approximate avs speed of y
- Is everyone comfortable with this?
- On today's ride we have *person_name* who is *special_function* (introduce members of the exec, or special attendees from BNSW, government, or other bugs etc if appropriate)

2 What you need

- Does everybody have a pump, some water, and a puncture kit?
- If appropriate to the ride also ask about food and money

3 The route

- Who has (or has not) done this ride before? (show of hands)
- Today we travel... blah blah
- The route contains the following hazards - traffic, bridges, bad surface, shared paths etc etc
- we will regroup at several points, the first one will be at *regrouppoint_1* etc
- We will stop for coffee at *coffestop_name*

4 Ride etiquette

- Please ride single file and keep left on shared paths
- Please ride no more than two abreast on public roads and single file if I signal it
- These are the signals I might use to control the ride...
- Explain signposts and sweep for benefit of 'new' riders
- We will obey all traffic rules.

5 In case of a problem

- If at any time you feel stressed or unable to cope, or have a mechanical problem please inform the sweep or me or another experienced rider

6 Split groups, fast groups or other oddities

- Ride leader to explain any special arrangements such as the fast group on Pie and so on...

7 Any questions

- Is everyone happy with the arrangements?
- Has everyone signed on?
- Are there any questions?
- Is everyone ready?

8 OK, let's go!

