

## RECOMMENDATIONS for LEADERS of Gravesend CTC Group Cycle Rides.

### PLANNING YOUR ROUTE...

Study the map, making due allowances for punctures, hills and the distance involved, bearing in mind the likely speed of the group under the prevailing weather conditions.

Try to make provision for shortening the route should you be delayed for any reason.

A group will cover more miles going at a steady pace with no stops, than waiting for stragglers to re-group every few miles. If you cannot see your back marker - slow down !

A group of cyclists is generally safer on the road, being more visible, than an individual rider.

### AT THE START...

You must be a current CTC member and registered as a 'volunteer leader', you and everybody in the group are then fully insured. Please be at the meeting point in plenty of time and introduce yourself to any new riders, making a note of their name and address. Keep a list of those who attend.

Make sure that all the party are fit to ride and that their machines are roadworthy.

If there is a large group (say over 8), it is advisable to nominate a 'back marker', who should remain at the back and advise of any problems, so that you, as leader, know that all riders have been accounted for.

### ON THE ROAD...

Try and encourage a reasonable group formation and make your intentions known well in advance, (especially right turns where you must allow for the "snake" behind you). Discourage any one from riding in front of you - except at your request. When stopping - give plenty of warning to those behind. When starting - increase your pace slowly to allow the group to reform. Never leave anyone behind, unless by their specific request, and not even then, should you consider that they need any assistance. Keep a careful eye on your nominated 'back marker', if you cannot see them, slow down and possibly wait in a safe place or even send someone back to see if there is problem.

If you consider any member of your group incapable of covering a section of the ride - don't attempt it.

Ensure compliance with the Highway Code and do not give any signals not contained therein.

The way we act on the road, reflects cyclists' in general and the Gravesend CTC in particular, so please encourage courtesy to others.

Should there be any problems, i.e. an incident or accident, where there could be repercussions, make a written report, as soon as possible to include names and addresses of any witnesses.

Remind all riders in the group to make themselves aware of other riders (i.e. they have a 'duty of care' and consideration) by...

- a) keeping an eye behind and not letting a gap form without bringing it to your (the leader's) attention.
- b) warning of obstructions/ pot holes, and other road users. (i.e. 'oil up', 'oil down', 'on the left', etc.)
- c) any individual slowing down for any reason, should call 'easy behind', (we don't have stop lights!).

Remember - The Leader should set a pace no faster than the slowest rider of the group.

- Following these recommendations will make everyone's ride more pleasurable ●