

VSCC Ride Briefing Checklist

This checklist for the pre-ride briefing is intended as an aid for new Ride Leaders or Leaders who haven't led for a while.

Depending on your group, not all points should or need to be covered.

1. **Welcome everyone.** Introduce yourself, and sweeper.
2. **Existing members.** Do they have their membership cards with them?
3. **Recently joined members.** Do they require a new blank card?
4. **Identify new riders.** Announce your phone number, get their emergency contact number.
5. **Membership criteria.** Encourage joining - explain the "Two Ride Rule"
6. **Medical conditions.** Discretely ask that you are made aware.
7. **Bike checks.** M check, repair kit, tool, pump, helmets, gear, drinks.
8. **Describe route.** Check rider expectations, pace, distance, weather.
9. **Basic signalling and calls reminder**
 - Use "car front" and "car back" (we no longer use car down and car up).
10. **Riding techniques**
 - When to ride two a breast – this is the default (when it is safe to do so).
 - When singling out, the rider on the outside drops back behind the rider on the inside.
 - Group riding.
 - Etiquette- only ride off the front on climbs when indicated by the Ride Leader. Wait at top (or junction).
11. **Safety is paramount.** Keep repeating this message.
12. **Respect and feedback.** We are volunteers, we try our best, encourage feedback at the end.